INGREDIENTS FOR THE GOOD LIFE

EatingWell®

SEPTEMBER 2020

43 RECIPES TO Simplify Your Life

Speedy Italian Dinners

Weight-Loss Myths Debunked

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TEST KITCHEN TIPS:

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35 Dinner Tonight
This issue is all about simplifying your life, and these 13 recipes are prime examples—fast to make, with easy-to-find ingredients. Think: Kale & Lentil Stew with Mashed Potatoes *(p.42)* and Crispy Fish Taco Bowls *(p.50)*.

61 Good Food Fast
Fact: Food is just more fun in handheld form; evidence: our Fruit & Granola Pops. And we've got more on-the-go options, including the tastiest snacks from Trader Joe's *(p.67)* and the smartest picks at Panera *(p.64)*.

101 Well Seasoned
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A family in Chester County, PA, is helping small organic farmers gain access to land.

20-MINUTE MAINS

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JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY

MAKES ORDINARY FOODS TASTE BETTER

LOOKING AT YOU, CELERY

Justin's

LIVE A LITTLE NUTTY

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Keeping It Simple

Paul Greenberg, who wrote *The Plant Prescription* in this issue, gave up eating meat, dairy and seafood of any sort for an entire year. His goal in going vegan was to improve his cholesterol, blood pressure and overall heart health. He details his experience, which included endless visits to the doctor, medical tests and creative cooking adventures, on page 68.

I'm mentioning this story front and center to give a shoutout to Paul for his commitment. I mean, I definitely DO NOT want to give up cheese, steaks and eggs for a year! So big thanks, Paul! But in all seriousness, I wanted to bring it up because I don't want you to miss his piece. This feature story, which combines his firsthand account with easy-to-understand explanations of the science, bolsters one of *EatingWell*'s guiding philosophies: that our food choices matter. Our diets really can affect our health and quality of life.

Our food stories in this issue show off another tenet of *EatingWell*: delicious healthy meals don't have to be complicated. Throughout this issue you'll find stories heavy on helping you simplify your life. After all, it's the end of summer and many of us need to jump into a busier time of year. So we asked restaurateur and *Top Chef* alum Fabio Viviani to share some of the dishes that he makes when he's pressed for time. What he delivered: Italian recipes that only *taste* complicated. Then our food features editor, Carolyn Malcoun, shows you how to prepare and freeze the end-of-season garden (or farmers' market) bounty so that you can use it all winter. Just defrost and enjoy.

We also have the pleasure of showing off cook and activist Mable Clarke's recipes on page 84. They include tomato casserole, mac 'n' cheese, lima beans, fried flounder and more. These dishes are some of her go-tos for the fish fries she hosts to support her church in Pickens, South Carolina. The recipes are straightforward enough that she makes them for hundreds of guests. Don't sweat it. Our Test Kitchen team tested scaled-down versions so you can get a taste at home, no industrial-size pots or boatloads' worth of fish required.

Here in Vermont where I live, I try to stretch out the end of summer, soaking up every last minute on Lake Champlain. But ultimately September comes, routines need to be restarted and it's time to get organized. I hope this issue will help you do that as simply as possible and, of course, eat really well while you're at it.

Jessie

Jessie Price
editor@eatingwell.com

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WE ASKED YOU:

What is your go-to simple weeknight dinner?

Kitchen-sink charcuterie board with all kinds of leftovers. —*ebethdarby*

For me nothing is faster than **roasting. Either chicken or salmon** seasoned with olive oil and herbs and a side of roasted veggies. —*regoos20*

Tortellini soup! Lots of garlic and cabbage. —*kimbyaz*

Pan-seared hanger steak on top of butter lettuce, cucumber, cherry tomatoes, red onion and blue cheese. Finished with a shallot vinaigrette. It's a very **flavorful and filling salad.** —*bjinthekitchen*

BLT. —*mustangcamo*

Quesadillas! They are quick and easy to make and travel well (to sports practice, a board meeting, etc.). —*karimiller5*

Shrimp fried rice using whatever veggies I have on hand or that need to be used quickly! —*bigdeliciouslife*

Flatbreads ... veggies with balsamic glaze, sweet potato and goat cheese, caramelized onion and pear ... options are endless. —*smf12566*

WHAT'S TRENDING ON

EatingWell.com

1 **Easy Dinners** Try our new lineup of weeknight meals on for size. Think: Sheet-Pan Chili-Lime Salmon with Potatoes & Peppers *(shown)* and Honey-Garlic Chicken Thighs with Carrots & Broccoli. *EatingWell.com/easydinners*

2 **Lunch Inspo** Kids *and* adults will love these midday meal ideas, from Rainbow Veggie Wraps and Strawberry-Chocolate Smoothies to Tomato Soup with Grilled Cheese Croutons. *EatingWell.com/easylunch*

3 **Simple 30-Day Weight-Loss Plan** Fuel your health goals with our 1,200-calorie meal plan, packed with satisfying recipes. *EatingWell.com/30dayplan*

THE EATINGWELL GOOD-LIFE GURUS

We follow these food bloggers on Instagram for simple, healthy dinner ideas.

@pinchofyum
Another busy weeknight with no time to shop? Well that's just the perfect opportunity for a Chipotle-Tahini (aka Clean-Your-Fridge) Bowl *(shown)*, Firecracker Vegan Lettuce Wraps or Vegetarian Chili from Lindsay Ostrom, who specializes in quick recipes made with whatever you have on hand.

@damn_delicious
Garlic Butter Shrimp Scampi? Enough said. Chungah Rhee's blog is a treasure trove of mouth-watering recipes like this and more, such as Ham and Swiss Sliders, Cacio e Pepe and Instant Pot Rotisserie Chicken. Plus, if you're a pet lover, her Instagram also highlights her adorable corgis.

@gimmesomeoven
From Butternut Squash Soup and Mushroom Stroganoff to the Rosemary Focaccia you see here, Ali Martin has some seriously tasty recipes up her sleeve. A former musician whose food blogging hobby took off in 2009, Martin now develops recipes full time from her home in Barcelona. (To satisfy our wanderlust, we also like following her adventures in Spain on her other Instagram account, @gimmesomeali.)

What's your favorite part of Thanksgiving?
Answer now by hovering your phone's camera over this smart code.

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IT'S LIKE IF A PRETZEL HAD A SHADOW MADE OF CRUNCHY PRETZEL

DIP OR NO DIP

THEY'RE FLAT OUT DELICIOUS

FIND US IN THE DELI

GOOD LIFE

Herbs in the House

There's nothing better than herbs fresh from the garden—a couple of snips give any dish a big flavor upgrade. As summer fades to fall, bring them indoors: transplant into cute pots and you'll have an array of culinary delights masquerading as houseplants. We think these three are especially tasteful. ***By Rachel Stearns***

GOLDEN LEMON THYME

Golden, or variegated, lemon thyme has dainty, gilt-edged leaves with citrus notes like common thyme, but turned up a notch for a truly lemony flavor that pairs especially well with fish and chicken. The leaves also add depth and freshness to desserts like shortbread or fruit salad, where common thyme might be too overwhelming.

BAY LAUREL

Also called a bay tree, bay laurel is perfect for growing indoors because it's low-maintenance and does well in a container. The fresh leaves are pungent with hints of nutmeg, vanilla, mint and pine. Their flavor concentrates as they dry, but dulls quickly, so recently dried are best. Adding to soups and sauces is a no-brainer, but bay leaves also bring a nice herbal note to rice pudding or custards.

CINNAMON BASIL

A far cry from the typical basil you pick up at the grocery store, this cultivar is strongly scented like its namesake spice. Its reddish purple stems and shiny, dark green leaves pack more punch than sweeter varieties. Befitting its nickname—Mexican basil—cinnamon basil imparts a warm undertone that lends itself to south-of-the-border dishes, as well as Indian- and Asian-inspired recipes.

Work Out Virtually—Anywhere

You may never need to leave your living room (or bedroom) again to get in a good workout. But with a whole new world of home-based fitness at your fingertips, how do you choose? Here, a pro recommends some of the most effective and fun options. **By Cindy Kuzma**

STAY *IN* SHAPE
For more personal-trainer–approved workouts you can do at home, go to eatingwell.com/homefitness

IF YOU WANT TO SHAKE YOUR THANG

Check out: 305 Fitness

Entrepreneur Sadie Kurzban and her crew offer bright, loud and fantastically fun (and free) cardio dance parties lasting anywhere from 15 minutes to an hour. Options range from family-friendly Disney workouts to grown-up hip-hop and Latin sessions. You can join in live on YouTube, but the parties are also archived for later booty-shaking. The vibe is inclusive and body-positive, meaning you'll hear more about expressing yourself and feeling good than slimming down—even as sweat pours off you and your legs tremble, says personal trainer Jeana Anderson Cohen, founder and CEO of the fitness-focused media company aSweatLife. (Free, *305fitness.com*)

IF YOU HAVE SPECIFIC GOALS AND LIKES

Check out: Down Dog

Some people feed off the energy of a real-time class. Others prefer an on-demand experience—with a workout tailored precisely to their specifications. And you can't get much more custom than the Down Dog family of apps, which include yoga, HIIT (high-intensity interval training) and barre classes. Before you begin, you choose everything from the length of the session and body parts you want to focus on to the music type and level of guidance. In the HIIT app, you can even set different levels of difficulty for lower body, core and upper body within the same workout. The program's algorithms then serve up a unique series of moves in one seamless routine. ($8 per month or $50 per year, *downdogapp.com*)

IF YOU'RE UP FOR A TRENDY TOTAL-BODY BURN

Check out: Tone House

Supermodels and athletes have flocked to New York City's Tone House studio since 2014 for its killer workouts. Based on the sports conditioning programs of elite athletes, its classes blend strength moves with HIIT-style training. Now, anyone can access them, using gear as simple as furniture sliders and hand towels. In mid-May, the gym launched an on-demand service called Tone House Television, a library of 15- to 60-minute workouts that are updated weekly. You can also join live Zoom classes a few times a week, where instructors check your form and challenge you to stay on top of your game. ($40 per month, $20 for a single Zoom class, *tonehouse.com*)

IF YOU'RE MORE OF AN OUTDOOR EXERCISER

Check out: Strava

Known as the social network for endurance athletes, Strava allows runners, cyclists, hikers and swimmers to either use the app itself or upload workouts to their smartwatches and follow the stats that you and others are posting. You can "race" competitors across various routes (say, a 3-mile outdoor run), get encouragement and join challenges based on time, distance or frequency – and even earn prizes from sponsoring brands. The subscription version also includes training plans and a tool to map out your route in advance with a drag of your finger. (Some features free, others $6 per month or $60 per year, *strava.com*)

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Farmhouse *Your* House

Into this cozy-chic kitchen look? Well, it is the most-Googled design style right now. ***Liz Marie Galvan,*** *interior designer and blogger—whose own kitchen you're looking at here—says your space can achieve the same rustic vibe with a few key elements.* **By Lucy M. Clark**

PAINT PSA

"All whites are not strictly 'white,'" says Sue Wadden, director of color marketing at Sherwin-Williams. "To find the best one for your project, consider the other hues in the space." Choose a white with similar undertones by comparing paint samples to a piece of plain white paper. Warm whites have red and yellow undertones; cool whites have blue and gray undertones.

A mix of old and new. Galvan recommends visiting flea markets and antique shops to see what catches your eye. Think: copper pots, marble charcuterie boards and vintage dishes. Or look for vintage-inspired items, like her Smeg fridge. Then incorporate them with more clean, contemporary features. "I love mixing elements like an antique hutch with items like a new apron sink," she says. "It makes a space feel both modern and classic farmhouse."

Authentic materials. Many farmhouse kitchens traditionally had stone countertops, so if your budget allows, choose marble, or look for quartz or soapstone, which resemble marble. Another option that's inexpensive and also gets better with age and use: butcher block. For a backsplash, she suggests subway tile or shiplap.

Classic colors. "Choose a color palette that includes white and earthy tones, like greens and blues," Galvan says. She favors the all-white look, from floor to ceiling—even with a toddler and three dogs. "We find it soothing and relaxing. And it actually makes the room look cleaner even if you don't clean it all the time!" If you do go all-white, Galvan advises adding wood accents for warmth, from smaller pieces like cutting boards to furniture, such as a reclaimed-wood farmhouse table.

Goods on display. "When I think of a farmhouse kitchen, I think of that eclectic gathered look. It's not all tidied up," says Galvan. Go for open shelving to show off what you use daily—cups, bowls and plates. And allot counter space to containers of flour and other staples.

Fresh touches. "All year I have plants and herbs growing in the kitchen," says Galvan. She also likes to set out big bowls of fresh fruit and counter-friendly veggies. "There's nothing more homey and farmhouse than a 'we just pulled it from our garden' feel," she says.

PHOTO: LIZ MARIE GALVAN PRODUCTS: TABLE, ARHAUS FRANCIS DINING TABLE; LIGHTS, SCHOOLHOUSE, REFRIGERATOR, SMEG; FAUCET, KINGSTON BRASS; PAINT, SHERWIN-WILLIAMS PURE WHITE (WALLS); MAGNOLIA HOME TRUE WHITE (TRIM & CEILING); BENJAMIN MOORE FEATHER DOWN (FLOORS)

You Say Sorbet, I Say Sherbet

Our 30th anniversary is coming up next month! So we asked writer **Helen Ellis** to look back at the very first issue of *EatingWell* and make our peach of a cover recipe.

The editors at *EatingWell* sent me an ice cream maker. They were correct to assume that I did not have one. The last time I made ice cream, I was a child in Alabama. There was a snowstorm, which meant there was a quarter inch of snow on our station wagon. My father scraped the snow off with a squeegee, dumped it on a cookie sheet and we added peppermint extract and swirled it with a wooden spoon. It was very refreshing if we ignored the pine needles.

The editors at *EatingWell* sent me an ice cream maker so that I might recreate their 1990 Charter Issue cover girl: peach sorbet.

Peach sorbet is the refined older sister of the fanciest dessert to ever appear on my grandmother's dining room table: orange sherbet. Orange sherbet cleans the palate. Orange sherbet has virtually no fat. Orange sherbet never goes bad. Go ahead and buy yourself a 5-gallon drum; when it comes to orange sherbet there's no such thing as freezer burn.

Just ask Debbie Reynolds, whose character tells Albert Brooks (playing her son) in the movie *Mother* that "the clear hard crap that sits on the top" of her generic brand Sweet Tooth sherbet is *protective ice.*

You ask: What exactly is the difference between sherbet and sorbet? You ask: Is it a kind of "Let's Call the Whole Thing Off" situation? You know: *You say tomato, I say tomahto.*

Thirty years ago, the editors at *EatingWell* didn't know either. Flip to page 100 and their cover recipe for peach *sorbet* is titled peach *sherbet.* (The difference, I am told, is that sorbet contains no dairy; sherbet does.)

The recipe reads: Boil and blanch 2 pounds of ripe peaches, peel and pit them, puree and put them into your *sorbettier.* Or ice cream maker.

My ice cream maker sat in its manufacturer's box outside my apartment door for a week because the illustration on the box was so intimidating. It looked like a menacing food processor that was here to kick my butt and take my lunch money.

In the meantime, I went in search of fresh peaches. In February. In Manhattan. Peaches are hard enough to find this time of year, but peaches in a New York City winter are like grits, pimientos and buttermilk in NYC all year round. Nonexistent. In a way, I was relieved. I'm not a peach eater. For me, holding a peach makes me feel like I'm cupping one of those hypoallergenic hairless cats.

The editors at *EatingWell* said I could use frozen peaches. I bought three bags.

"PEACH SORBET is the refined older sister of the fanciest dessert to ever appear on my grandmother's dining room table: ORANGE SHERBET."

Household tip: Frozen peaches don't blend. So I let them sit for the hour it took my husband and me to watch *Survivor: Winners at War.* When I returned, the room-temp fruit blended beautifully. I added lemon juice and almond extract, then unboxed the ice cream maker.

Household tip: An ice cream maker needs to be cold to make ice cream. This fact had not even occurred to me.

So, how long did I need to keep the ice cream maker freezer bowl in the freezer? Answer: 16 to 24 hours. I put the bowl in the freezer and the peach puree in a gallon Ziploc bag in the fridge.

When my husband saw the bag of puree, he asked: "Are you making soap?"

I said, "No. I'm making peach sorbet."

He said, "We have an ice cream maker?"

I said, "Yes."

My husband has no idea what lurks behind half of our kitchen cabinets. I could tell him that there's a sawed-off shotgun in the drawer to the left of the dishwasher and he would believe me.

The next day, out came the freezer bowl and I locked it into position on the base. The bowl spun and the churner insert churned. I poured in the peach puree and watched it freeze, 7-Eleven Slurpee style. Twenty minutes later, I dipped a spoon into an icy treat the color of a summer sunset. It tasted like summer too. Fresh and sweet.

Now, did my batch of peach sorbet *look* like what was on the cover of the 1990 *EatingWell* Charter Issue? Two scoops served with a sprig of mint, posed in a gold-rimmed bowl with a silver spoon. Laid out with a linen napkin. And in the background, two out-of-focus peaches so full and ripe they made me squint. The color scheme—framed in mauve, with white accents—is sophisticated and straight out of the late '80s. Just like Joan Collins' *Dynasty* bedroom.

No, mine did not. I served my husband his in a Glad half-pint container. But it did remind me of something my grandmother would bring out of her freezer on a very special occasion.

HELEN ELLIS *is the author of* Southern Lady Code.

Hover your phone's camera over this smart code to get the recipe for our very first cover girl—peach sorbet/sherbet—shown above. The photo may be outdated, but the flavor is not.

Woof!
Learn more ways to keep your pet happy and healthy at eatingwell.com/pets

Take Me Out to the Dog Park

It's a great opportunity for your pup to get some off-leash exercise and socialize with other furry friends. Here, some tips for making the experience a success. **By Caron Golden**

BEFORE YOU GO

1 Consider your pooch's personality. "Dog parks can be fantastic places—but not for all dogs," says Gary Weitzman, D.V.M., president and CEO of San Diego Humane Society. "Some are extroverts, others introverts. Some like other dogs or just certain ones. It's about knowing what's best for your dog."

2 Scout it out first. Alexandra Gant, a canine behaviorist at Behave Dog Training in Atlanta, suggests visiting the dog park—without your pooch—and watching the action around the same time you'd be taking your pooch, since the dynamics can vary. "And talk to other dog owners about what normally goes on," she adds. If you live in an area with multiple parks, look for one with features that will best suit your dog, like a large open space for a big dog or a pup that gets easily overstimulated, or one with separated areas for large and small dogs if you're concerned about your little pup.

3 Take some precautions. Make sure your pup's vaccinations (including kennel cough), heartworm medication and flea and tick treatments are all up to date, advises Weitzman. Dogs can easily transfer germs—whether through sharing a community water bowl or nosing around where other dogs have relieved themselves—and this will help fend off illnesses.

AT THE PARK

4 Do a soft intro. Before going in, Gant recommends taking your pooch for a short walk around the dog park to help her blow off some steam and excitement, and allow her to give the new environment a once-over. It'll also help you evaluate the other dogs to make sure none appear aggressive.

5 Unleash your dog in the park's threshold area—that double-gated area at the entrance. According to Weitzman, fear and lack of control can sometimes cause on-leash dogs to act uncharacteristically aggressive with those that are loose. If a lot of other pooches come to greet yours at the gate, wait it out until most have moved off to play.

6 Keep an eye on your pup. Put your phone in your pocket and follow what your dog is doing, even if you're chatting with other park-goers. Is your dog running around having fun or fending off others? Is she enjoying some basic roughhousing or laying it on too strong? "Watch carefully for signs that your dog isn't enjoying herself or is making life miserable for other dogs," says Weitzman.

7 But don't hover. "It can cause problems," says Gant. "Especially collar grabbing. People want to pull dogs apart when they perceive a small slight, but dogs get even more tense when their owners add to the tension. Instead, redirect her with an upbeat, 'Let's move.'"

8 Pick up after your dog. Just sayin', no one wants to be the poop police.

9 Be patient with other four-legged friends. The dog park isn't an exclusive playground for you and your pooch. Other dogs will likely want to chase or steal balls you throw to your dog, for example. Embrace the communal nature of the space. Instead of getting irritated, just ask the dog's owner to help retrieve your ball. It'll be so much more fun for you and your pup if you enjoy the other dogs too.

MEAGHAN BROWNING/GETTY IMAGES

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[illegible] decade or so ago truly great handcrafted bread was a [illegible] hard to find in America. But the artisan baking [illegible] ing all manner of grains beyond white [illegible] has steadily been taking hold stateside, now accounting for [illegible] 30% of all bread sales in the U.S. according to a Statista report. It gained an even broader American [illegible] ease during the pandemic, when quarantine lockdowns spurred a sourdough obsession among home bakers. And despite the anti-carb rhetoric still [illegible] bread can be part of a healthy diet, especially [illegible] you choose [illegible] fiber-rich whole grains and [illegible] beneficial [illegible] So which breads rise to the [illegible] terms of [illegible] are these:

COMIN' THRO THE RYE

Get started on your own sourdough loaf at eatingwell.com/sourdoughstarter

Sourdough

Sourdough is made with a fermented "starter" that contains wild yeasts and beneficial lactic acid bacteria along with flour and water. The starter is what gives this crusty-on-the-outside-airy-on-the-inside bread its tangy taste. The fermentation process also helps break down the grain molecules, making the bread easier to digest so your body can absorb more of the nutrients it contains. According to a study published in *Scientific Reports*, sourdough wheat bread contains increased levels of 90 compounds, including essential amino acids and phytochemicals. And it has prebiotic benefits that promote good gut health, says Erin McKenney, Ph.D., co-leader of the Wild Sourdough Project and director of undergraduate programs in the Department of Applied Ecology at North Carolina State University in Raleigh. Although sourdough isn't always a whole-grain bread, you can find bakeries that make it or bake it yourself with whole-wheat flour.

Rye

Americans are only now starting to appreciate the beauty of a heavy whole-grain rye bread, such as the dense, chewy German bread called *volkornbrot*, says chef Peter Reinhart, author of *Bread Revolution*. And the perks extend beyond rye's earthy flavor. A study published in the *Journal of Nutrition* linked the high fiber content in rye bread with a reduced risk of colon cancer. And the *Scientific Reports* study found that the fermentation of rye sourdough—which the German bread is made with—produces an abundance of branched-chain amino acids (BCAAs), even more than whole-wheat sourdough bread. These BCAAs impact blood insulin levels and may lower the risk of type 2 diabetes and heart disease. There's also evidence that eating rye bread could help reduce body weight.

Sprouted

To make this bread—like a sprouted 7-grain loaf—grains are germinated, then either dried before being milled into flour or simply ground into a wet mash (sans drying). "As a result, they may be higher in fiber than 100% whole-wheat," says Keri Glassman, M.S., R.D., founder and CEO of Nutritious Life in New York City. A recent review published in the journal *Nutrients* found that the sprouting process also makes some of the nutrients in the grains more bioavailable, delivering higher amounts of iron, vitamin C, beta carotene, polyphenols and other antioxidants than unsprouted grains.

ERIC WOLFINGER

Table Talk with Curtis Stone

The Aussie-born celebrity chef and star of *Field Trip with Curtis Stone* chats with *EatingWell* about what's always in his fridge, the spatula he designed to benefit No Kid Hungry, and pantry cooking. **By Lucy M. Clark**

Finish this sentence: To me, cooking is ... bringing people together. Everyone eats, whether it's for sustenance or celebrations, but who you're with matters just as much as what you're eating. Cooking is also family, love, memories, history, nutrition, inspiring and healing.

What food says home to you, and why? A Sunday pork roast screams home to me. My mum would make a nice weekend roast for my brother and me; I still like her to cook pork with a crackling skin during the holidays.

What's always in your fridge? Seasonal fruit and veg along with some nice rib-eyes and New York strip steaks from Gwen Butcher Shop & Restaurant [his L.A.-based project with his brother, Luke], eggs to whip up morning omelets, various cheeses, tons of condiments, and whole milk for my cappuccino habit.

Is there a kitchen gadget you can't live without? An instant-read thermometer. There is nothing worse than spending money on a beautiful piece of meat, overcooking it and losing all the juiciness and flavor.

What food or diet trend do you not understand the hype for? Fasting. It's not that I don't agree with it, I just know that I could never do it, not only because of my profession, but because I just love food too much.

You have to make dinner with only items from your pantry. What are you making? I've been making a lot of fried rice lately. Anything can go into it, really, so whatever produce you have on hand works just fine.

You designed a limited-edition spatula for Williams Sonoma's Tools for Change campaign to benefit No Kid Hungry. Why is this cause important to you—and what was your design inspiration? It's unacceptable that anyone, especially a child, should go hungry in this country. There is plenty of food, and food waste is a huge issue. When I realized how many kids relied on school meals, I was shocked and knew I needed to get involved to help raise awareness. I'm Australian, so I wanted to go with something a bit iconic for the design. I'm also a huge boxing fan and I've just gotten back in the ring over the last year as a workout, so the boxing kangaroo seemed fitting. [To see the full collection, go to *Williams-Sonoma.com/NoKidHungry*.]

Beer, wine or cocktail? Depends on the occasion, but I'm going to go with wine, specifically rosé.

"When I realized how many kids relied on school meals, I was shocked and knew I needed to get involved to help raise awareness."

Hover your phone's camera over this smart code to get Stone's recipe for Roasted Banana Soufflés with Caramel Sauce.

RAY KACHATORIAN, INSET COURTESY WILLIAMS SONOMA

The Booze & the Bees

Raise funds to support pollinators while sipping an adult beverage during this month's national Bee's Knees Week. Find out what the buzz is about. **By Gray Chapman**

Ryan Christiansen, the owner and head distiller of Vermont-based Caledonia Spirits, was having drinks with a friend one night in 2017 when his buddy asked him a question he'd never forget: "What does Caledonia actually do for the bees?"

Pollinators had been a part of Caledonia Spirits—producers of Barr Hill gin and vodka—since the distillery's early days; founder Todd Hardie ran an apiary for 30 years. And the award-winning craft distillery still sourced raw local honey for its three flagship spirits. But that wasn't quite enough for Christiansen's drinking companion, a bartender and beekeeper concerned about declining bee populations and the broader implications for our food system. Pollinators help sustain more than one-third of crops globally, yet for decades their numbers have continued to fall each year, sometimes by as much as 40%, due to factors such as climate change, habitat loss and toxins like pesticides. "He was very firm in his expectation that there was more we could do," says Christiansen.

By the time they finished their round, Bee's Knees Week was born. The concept: for one week in September, bars and restaurants across the country would create and serve their own versions of the Bee's Knees cocktail, a Prohibition-era classic made with gin, lemon and honey, and $1 from each drink would go to a nonprofit supporting pollinators. The first year, over 300 restaurants and bars participated. In 2019, that total surpassed 1,000. And hundreds more are expected to participate in Bee's Knees Week 2020 even with the COVID-19 pandemic. To date, the initiative has raised $63,000 for groups like The Bee Cause Project, which installs beehives at K-12 schools and nonprofits to educate students on the importance of pollinators. The beneficiary of this year's campaign, slated for September 19 to 27 (slightly longer to help with limited capacity), hadn't been announced at press time, but Christiansen says they will likely choose several pollinator-supporting organizations. (Go to *caledoniaspirits.com* for more info.)

"The cause is a no-brainer," says Nadia Womble, bar manager at Waterworks Food & Drink in Winooski, Vermont. "It's a celebration of this storied cocktail and a way to save pollinators. It gives meaning to drinking the drink." Christiansen concedes that it's hard to know what this September is going to look like, "But if nothing else, I think it's been an awakening: we all live on the same planet. Maybe we can come out of this realizing that there is a unity throughout this world—and bees are very much a part of that."

JACOB FOX, STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS)

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THE TRUTH METER

Weight-Loss Edition

With all the info out there, it's hard to know what can really help you shed some pounds. *EatingWell* sorts the hope from the hype.
By Samantha Cassetty, M.S., R.D.

TRUE

Go Big at Breakfast, Light at Night

For most, dinner is the largest meal of the day. But in terms of weight, you may be better off following the old advice to eat breakfast like a king, lunch like a prince and dinner like a pauper. New research compared people who consumed a large a.m. meal and meager dinner and vice versa. Participants had more than double the diet-induced thermogenesis (the increased calorie burn from eating and digestion) after breakfast than after dinner. That's because your metabolism runs higher in the morning and slows at night, offering a weight-loss edge.

SOURCE: *The Journal of Clinical Endocrinology & Metabolism*

TRUE-ISH

Yogurt Fast-Tracks Weight Loss

A meta-analysis of diet, lifestyle and weight-gain data found that people who regularly ate yogurt had less risk of putting on pounds over a four-year period. And other research has linked the fermented food to greater weight loss and smaller waist circumference. The benefit may be the good gut microbes it contains and their anti-inflammatory effect on the body. (Inflammation has been tied to overweight and obesity.) But no direct cause-and-effect has been shown, meaning that yogurt eaters may simply have healthier lifestyles overall.

SOURCE: *The New England Journal of Medicine*

NOT REALLY

Green Tea Revs Metabolism

Substances in green tea, including the antioxidant epigallocatechin gallate (EGCG), have long been touted as metabolic boosters. However, a review of 15 studies found that the small bump in calorie burn was probably more related to the tea's caffeine content than its EGCG, and thus not specific to green tea. (So your morning latte or cup of English Breakfast would likely have the same metabolism-goosing effect.) And previous research has shown that any weight loss is slight.

SOURCE: *Nutrición Hospitalaria*

NOPE!

Grapefruit Peels Off Pounds

This myth won't quit; it's been circulating since the 1930s, when the grapefruit diet first became a Hollywood obsession. The latest word: A recent analysis of three clinical trials showed no significant differences in body weight between participants who ate grapefruit and those who didn't. The fruit *is* a low-cal hunger helper—half a medium grapefruit has just 40 calories and more than a gram of fiber—but it won't produce any weight-loss miracles. So let's put this 90-year-old myth to rest once and for all.

SOURCE: *Critical Reviews in Food Science and Nutrition*

JEFF WASSERMAN/OFFSET

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This story kicks off our partnership with FoodCorps, a nonprofit that aims to teach kids about healthy food. Check out page 83 and visit *foodcorps.org* for more info.

Lunchrooms Veg Out

Vegetarian meals are on the rise at K-12 schools across the country. *EatingWell* has the latest on this meatless movement. **By Karen Asp**

Make way, nuggets and burgers. Less meat, more plants is what's on the menu now in lunchrooms across the U.S. In an effort to improve both students' health and that of the planet, a growing number of school systems have adopted Meatless Mondays, serving up dishes like teriyaki veggie sandwiches, vegan tamales, soy "sausage" subs and falafel flatbreads with hummus. (The nonprofit Meatless Monday helps many schools and other organizations implement the initiative.)

According to the Centers for Disease Control and Prevention, obesity affects 19% of kids age 2 and up in the U.S., while 7% of those 6 to 19 have high cholesterol. And rates of type 2 diabetes have been rising steadily among children every year since 2002. By simply eating vegetarian one day a week—some schools are even going vegan—kids' overall diets may improve. "Children are falling seriously short on healthy foods, such as whole grains, legumes, fruits and veggies," says Sharon Palmer, M.S., R.D.N., an Ojai, California-based dietitian and Meatless Monday nutrition ambassador. "Eating a more plant-based diet can help them reduce their risk of obesity and high cholesterol as well as lower the odds of other chronic conditions, such as heart disease and type 2 diabetes, that can develop later in life."

While there's no hard data on how many schools are going veg these days, last year all 1.1 million students in the New York City school system saw Meatless Monday come to their lunchrooms. Of course, that was before the COVID-19 pandemic cut the school year there—and across the country—short. But so far the kids have been eating it up, including the 600,000 students in the Los Angeles Unified School District. "They love the meatless menus," says Manish Singh, director of the LAUSD's food services division. After students, parents, school board members and other stakeholders asked for more vegetarian choices, the district began offering meat-free-only meals in all its cafeterias on Mondays. Mindful of students' eating trends, they also introduced vegan options daily at 84 schools. "One of our campaign managers said she had never seen such excitement about a menu change," adds Singh.

Another upside to Meatless Mondays: it could influence the entire family to eat healthier. In a survey of 1,000 adults conducted by Meatless Monday, 35% reported that the campaign influenced their decision to eat less meat and 55% said they were actively trying to cut back. Additionally, 30% of those who were influenced by Meatless Monday reported consuming more fruits and vegetables at home. We'll raise a salad fork to that.

Need an Energy Boost?

We hear you! Try these 4 science-backed strategies—all much wiser (and less jitter-producing) than mainlining caffeine. ***By Samantha Cassetty,*** *M.S., R.D.*

An overwhelming (if unsurprising) 84% of Americans report feeling sleepy during the day at least once a week, according to a recent poll by the National Sleep Foundation. Not getting enough shut-eye is one problem, of course, but our fast-paced, high-stress lifestyles, less-than-ideal eating habits and other choices can also leave us feeling wiped, says Robert Kushner, M.D., medical director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago. If you're dragging, these moves could give you the boost you need.

NOSH ON KIWI

Yep, kiwi. Snacking on two of these fruits an hour before bedtime may help you sleep better. According to a review published in *Advances in Nutrition,* this nighttime habit led to about 35 more minutes of restful zzz's. The sleep-promoting benefit may be related to the fruit's high concentration of serotonin—a precursor for the hormone melatonin, which controls your sleep-wake cycle. Though more research is needed, you can easily take a try-and-see approach by making this part of your nighttime ritual, though Kushner recommends leaving some time for digestion.

WIN WITH WATER

Turns out getting enough H_2O is an excellent way to increase your spunk. A study published in *Nutrition Reviews* found that being dehydrated was consistently linked with worse mood, greater feelings of fatigue and decreased alertness. When you don't get the water your body needs, it has to work harder to adapt to the shortage, which can grind energy levels down, says Kushner. There's no hard-and-fast amount of water you need to drink (you also get fluid through your food), but aim to consume enough that when you go to the bathroom your urine looks almost clear.

GET SOME FRESH AIR

When you're feeling sluggish, a quick stroll outside instead of over to the coffee machine may be the better bet. A much-cited study published in the *Journal of Environmental Psychology* found that spending just 20 minutes outdoors increased people's feelings of vitality—and the energy bump wasn't just from the exercise, but also simply from being in nature. "Going outside and getting a change of scenery is restorative to both the body and mind," says Kushner. If you can't head outdoors, he recommends bringing the outside in: "Many people feel better when they have sunlight coming into their work or living space."

IRON IT OUT

You may know that being anemic can leave you feeling fatigued, but even slightly low iron levels could be exhausting, a meta-analysis published in the *British Journal of Nutrition* found. If you're constantly tired but are getting adequate sleep, talk to your doctor about having your blood iron levels checked. If yours are low, your doctor may suggest a supplement. And aim to get plenty of the mineral in your diet (around 8 mg daily for adult men, 18 mg for women). Animal sources, like lean beef, are more readily used by the body. But consuming a food rich in vitamin C along with plant sources of iron can increase absorption.

RUTH BLACK/STOCKSY

WATER WITHIN

For 8 hydrating foods—some may surprise you—go to eatingwell.com/hydrationtips

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Fabulous in Five

Left with only a few minutes for yourself on hectic weekday mornings—you know, between the kid wrangling, meal prep and the zillion other things you need to do before going to work? Use the shortcuts makeup pros rely on to get their clients (and themselves) ready on the fly. "An easy look is to focus on a few key areas, like your lashes, lips and brushing on bronzer," as opposed to trying to do A Whole Face, says celebrity makeup artist Daniel Chinchilla, whose clients include Ariana Grande and Emma Roberts. "That alone will make it appear like you got up early to get ready." Picking simple-to-use products speeds things up even more. Meet your new a.m. routine. *By Christina Vercelletto*

GET SET

A setting spray like Maybelline New York Lasting Fix Setting Spray ($7.99; *Target.com*) helps makeup last all day and takes just seconds to apply.

Dab on concealer—*strategically.* "A little just under the eyes and in the T-zone area will do wonders," says Chinchilla. It evens out skin tone where blemishes, dark circles and broken capillaries tend to occur most, and helps lighten and brighten your whole face. Chinchilla is a fan of concealer pens because they're fast to use. Try: **PYT Beauty All Over Concealer Stick** ($18, *pytbeauty.com*), which comes in 11 shades, gives you great coverage without looking heavy and has a brush on one end for easy blending.

Lash out. One coat of black mascara on your top lashes will make eyes pop almost as much as two on both the bottom and top, and is much quicker. "Mascara is *so* important," insists Chinchilla. "It wakes up the face and draws attention to your eyes." The dark color adds impact. Try: **KVD Vegan Beauty Go Big or Go Home Mascara** ($24, *kvdveganbeauty.com*). It boosts volume and length without the clumps from the beeswax usually used in mascara. This black-black formula relies on plant fats instead.

Show your brows some love. Brushing on tinted brow gel is well worth the little time it takes, says Kelli Bartlett, artistic director at Glamsquad in New York City. "It sets brows in place and gives them oomph, framing the face." The effect is as big as applying eyeshadow or an eyebrow pencil, both of which require a more careful hand (and time). Try: **Makeup Revolution Good Vibes High Brow Gel** ($7, *ulta.com*). We particularly like the tiny, perfectly brow-sized brush, which makes it goof-proof.

Get glowing. Dust a little bronzer on your cheekbones, forehead and nose—the places the sun would hit. Chinchilla is all about bronzer because it's more modern and versatile than blush and it gives you a warm radiance that blush and other complexion-enhancing products can't match. Try: **Mineral Fusion Bronzer** ($33, *mineralfusion.com*). It looks sunny and natural (some bronzers can skew a little too Tan Mom), is vegan and paraben-free and it infuses skin with antioxidants from red tea and pomegranate.

Swipe on a nude cream lipstick. It lasts longer than a lip tint and goes on faster than a brightly hued lipstick, which takes more precise application—and often the extra step of using a lip liner as well, says Chinchilla. Try: **Flower Beauty Petal Pout Lip Color** ($8, *flowerbeauty.com* and Walmart stores). "Lipstick has to last!" says Chinchilla. This pick from Drew Barrymore's beauty line does, and we love the creamy Peachy Nude shade. It suits all sorts of complexions.

ILLUSTRATIONS BY HEATHER GATLEY; TOP: W2 PHOTOGRAPHY/STOCKSY

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13 EASY HEALTHY RECIPES

READY TO ROLL

SPICY SALMON [illegible] PULL-UPS
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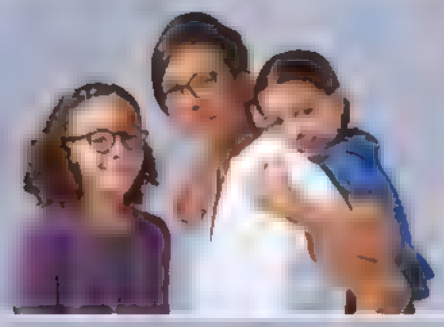

The Short Game

Using a short- or medium-grain rice is important to hold this roll together (they're stickier than long-grain varieties), but any color goes. **By Joy Howard**

1 **BROWN RICE** This whole-grain option gets you a gram of fiber (compared to zero in white rice).

2 **BLACK RICE** Nutritionally similar to brown rice, this choice boasts a bonus: extra antioxidants.

3 **WHITE RICE** It might not provide fiber, but it is the quickest-cooking grain of the bunch—ready in just 15 minutes.

Spicy Salmon Sushi Roll-Ups

ACTIVE: 40 min **TOTAL:** 40 min

If rolling seems like too much work, serve these up as bowls. Chop up the nori to sprinkle on top.

- **2 6-ounce cans salmon, drained and flaked**
- **3 tablespoons mayonnaise**
- **3-4 teaspoons Sriracha**
- **2 teaspoons rice vinegar**
- **6 sheets nori**
- **2 cups cooked and cooled short- *or* medium-grain rice**
- **1 tablespoon toasted sesame seeds**
- **2 Persian (mini) cucumbers, cut into matchsticks**
- **1 large carrot, cut into matchsticks**
- **2 scallions, halved lengthwise and cut into 2-inch pieces**
- **½ cup fresh cilantro sprigs**
- **1 ripe avocado, sliced**
- **Lime wedges, pickled ginger, wasabi & reduced-sodium tamari for serving**

1. KIDS DO Mix salmon, mayonnaise, Sriracha to taste and vinegar in a small bowl.

2. KIDS HELP Fill a small bowl with water. Place 1 nori sheet on a sushi rolling mat or piece of plastic wrap, with a long end facing you *(see page 35)*. With wet fingertips, cover the bottom half of the nori with ⅓ cup rice, then sprinkle with ½ teaspoon sesame seeds. Working 2 inches from the bottom of the roll, top with one-sixth each of the salmon mixture, cucumbers, carrot, scallions, cilantro and avocado. Using the mat to help you, roll up the nori, tucking the ingredients tightly as you work. Repeat with the remaining ingredients. Serve the rolls immediately, with lime wedges, pickled ginger, wasabi and tamari, if desired.

SERVES 6: 1 roll-up each

Cal 363 **Fat** 13g (sat 2g) **Chol** 40mg **Carbs** 45g **Total sugars** 2g (added 0g) **Protein** 16g **Fiber** 5g **Sodium** 342mg **Potassium** 432mg.

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Chicken Hummus Bowls

ACTIVE: 25 min **TOTAL:** 25 min

The spiced chicken atop these bowls is ready fast with the help of the broiler. Serve with warm whole-wheat pita for scooping up extra hummus at the bottom of the bowl.

- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon ground cumin**
- **1 teaspoon paprika**
- **¼ teaspoon cayenne pepper**
- **¼ teaspoon salt, divided**
- **2 cloves garlic, finely chopped**
- **2 tablespoons lemon juice**
- **2 cups hummus**
- **1 English cucumber, halved lengthwise and sliced**
- **1 pint cherry tomatoes, halved**
- **¼ cup slivered red onion**
- **¼ cup chopped fresh parsley**

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

2. Toss chicken with 1 tablespoon oil, cumin, paprika, cayenne and ⅛ teaspoon salt. Spread evenly on the prepared pan. Broil until just cooked through, 5 to 7 minutes.

3. Meanwhile, mash garlic and the remaining ⅛ teaspoon salt into a paste with a fork. Transfer to a medium bowl and whisk in lemon juice and the remaining 2 tablespoons oil. Add the chicken and let stand for 5 minutes, stirring occasionally.

4. Divide hummus among 4 shallow bowls or plates. Top with the chicken and any remaining dressing, cucumber, tomatoes, onion and parsley.

SERVES 4: ½ cup each hummus, chicken, tomatoes & cucumber

Cal 485 **Fat** 29g (sat 5g) **Chol** 104mg **Carbs** 27g **Total sugars** 4g (added 0g) **Protein** 31g **Fiber** 10g **Sodium** 712mg **Potassium** 886mg.

RAINE MUATS; STYLING: GRETCHEN LUNA (FOOD); HE MATTHEWS (PROPS); RECIPE BY CARRIE MALCOLM

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Creamy Pasta with Scallops & Brussels Sprouts

ACTIVE: 35 min **TOTAL:** 35 min

Pan-frying Brussels sprouts brings out their nuttiness, a flavor that pairs well with the rich bacon and creamy sauce here.

- **8 ounces whole-wheat linguine**
- **4 ounces bacon (4 slices), chopped**
- **1 pound dry bay scallops, tough side muscle removed**
- **½ teaspoon ground pepper, divided**
- **Pinch of salt**
- **1 tablespoon grapeseed or avocado oil**
- **4 cups shredded Brussels sprouts**
- **¼ cup finely chopped shallot**
- **2 cloves garlic, minced**
- **½ cup dry white wine**
- **½ cup half-and-half**
- **Chopped fresh parsley for garnish**

1. Bring a large pot of water to a boil over high heat. Cook pasta according to package directions. Drain and cover to keep warm.

2. Meanwhile, cook bacon in a large skillet over medium heat, stirring frequently, until crisp, 4 to 6 minutes. Transfer to a paper-towel-lined plate with a slotted spoon.

3. Pat scallops dry and season with ¼ teaspoon pepper and salt. Increase heat to medium-high and add scallops to the pan. Cook, stirring occasionally, until opaque, about 3 minutes. Transfer to a clean plate with a slotted spoon.

4. Add oil and Brussels sprouts to the pan, cook, stirring occasionally, until tender-crisp, 4 to 6 minutes. Add shallot and garlic and cook, stirring frequently, until fragrant, about 30 seconds.

5. Return the scallops and any accumulated juices to the pan and stir to combine. Pour in wine and cook, scraping up any browned bits, until most of it has evaporated, about 1 minute. Stir in half-and-half and the remaining ¼ teaspoon pepper, cook for 1 minute. Add the pasta to the pan and toss to coat. Serve topped with the bacon and parsley, if desired.

SERVES 4: 1½ cups each

Cal 535 **Fat** 20g (sat 7g) **Chol** 56mg **Carbs** 58g **Total sugars** 6g (added 0g) **Protein** 29g **Fiber** 9g **Sodium** 715mg **Potassium** 981mg.

DOWN BY THE BAY

The small bay scallops used in this pasta recipe are usually about a third of the size of sea scallops. For the most sustainable option, choose farmed.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY ADAM DOLGE

SKECHERS

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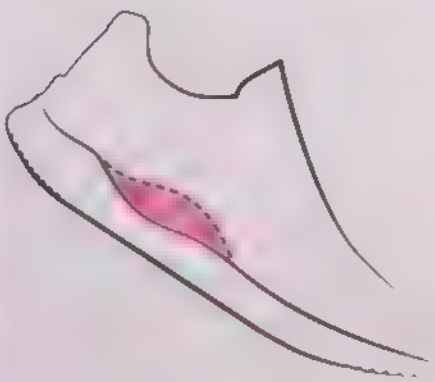

SKECHERS

Kale & Lentil Stew with Mashed Potatoes

ACTIVE: 35 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate stew (Step 2) for up 3 days.

Fire-roasted tomatoes add slightly smoky flavor to red lentils. The addition of mashed potatoes gives this an upside-down shepherd's pie feel.

- **1½ pounds russet potatoes, peeled and cut into 1½-inch chunks**
- **1 tablespoon extra-virgin olive oil**
- **1 medium onion, chopped**
- **2 cloves garlic, minced**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **3 cups low-sodium vegetable *or* chicken broth**
- **1 15-ounce can low-sodium fire-roasted diced tomatoes**
- **¾ cup red lentils, rinsed**
- **4 ounces baby kale (5 cups)**
- **½ cup whole milk**
- **2 tablespoons butter**
- **⅓ cup grated Parmesan cheese**

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and cook until tender, 10 to 15 minutes.

2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic and ½ teaspoon each salt and pepper; cook until fragrant, about 30 seconds. Add broth, tomatoes and lentils and bring to a simmer over high heat. Adjust heat to maintain a simmer, cover and cook until the lentils are tender, 15 to 20 minutes. Stir in kale. Remove from heat and cover to keep warm.

3. Drain the potatoes and return them to the pot; add milk, butter and the remaining ¼ teaspoon each pepper and salt. Mash to desired consistency. Stir in Parmesan.

4. Serve the stew over the mashed potatoes.

SERVES 4: 2 cups each

Cal 458 **Fat** 13g (sat 6g) **Chol** 24mg **Carbs** 68g **Total sugars** 8g (added 0g) **Protein** 18g **Fiber** 9g **Sodium** 720mg **Potassium** 1,195mg.

For more ways to use lentils, hover your phone's camera over this smart code.

RECIPES BY ADAM DOLGE, BREANA K LEEN

French Onion Soup with Portobello Cheese "Toast"

ACTIVE: 45 min **TOTAL:** 45 min

Roasted portobello mushrooms stuffed with cheese, herbs and breadcrumbs stand in for the traditional Gruyère toast you'd find on top of a crock of French onion soup.

- **4 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons butter**
- **2 large sweet onions, sliced**
- **1 medium red onion, sliced**
- **4 medium portobello mushrooms, stems and gills removed**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons chopped garlic**
- **2 teaspoons chopped fresh thyme *or* ½ teaspoon dried**
- **¼ cup dry sherry**
- **½ teaspoon salt**
- **4 cups unsalted beef broth**
- **½ cup shredded Gruyère cheese**
- **¼ cup plain dry breadcrumbs**
- **1 tablespoon minced fresh chives**

1. Position racks in middle and upper thirds of oven; preheat to 450°F. Coat a rimmed baking sheet with cooking spray.

2. Heat 2 tablespoons oil and butter in a large pot over medium-high heat. Add sweet and red onions and stir to coat. Cover, reduce heat to medium and cook, stirring often and scraping up any browned bits, until golden brown, 25 to 30 minutes.

3. Meanwhile, place mushrooms caps, gill-side up, on the prepared pan. Brush with 1 tablespoon oil and sprinkle with ¼ teaspoon pepper. Roast on the middle rack until tender, 10 to 15 minutes. Remove from oven and preheat broiler to high.

4. Add garlic and thyme to the onions and cook, uncovered, for 2 minutes more. Stir in sherry, salt and the remaining ¼ teaspoon pepper; increase heat to medium-high and bring to a simmer. Cook, stirring often, until most of the liquid has evaporated, about 1 minute. Stir in broth and return to a simmer. Reduce heat and simmer for 10 minutes.

5. Meanwhile, combine Gruyère, breadcrumbs, chives and the remaining 1 tablespoon oil in a small bowl. Divide the mixture among the mushroom caps. Broil the mushrooms until the filling is lightly browned, about 1 minute.

6. Divide the soup among 4 bowls and serve topped with a mushroom "toast."

SERVES 4: 1½ cups soup & 1 "toast" each
Cal 370 **Fat** 25g (sat 8g) **Chol** 30mg **Carbs** 25g **Total sugars** 12g (added 0g) **Protein** 12g **Fiber** 4g **Sodium** 581mg **Potassium** 767mg.

Get *EatingWell* recipes for easy weeknight & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

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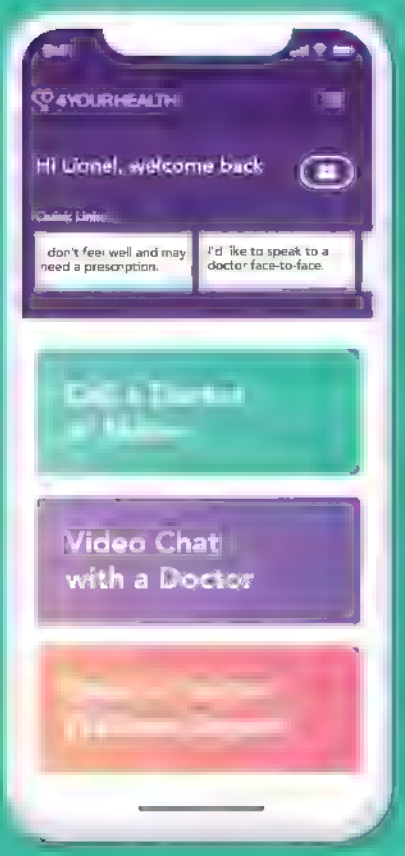
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GET STARTED NOW

Braised Chicken with Mushrooms & Leeks

ACTIVE: 45 min **TOTAL:** 55 min

The leeks get silky when they cook down in this luscious, tangy mustard sauce. Serve over mashed potatoes.

- **3 tablespoons grapeseed or avocado oil, divided**
- **1 pound boneless, skinless chicken thighs, trimmed**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **12 ounces mixed mushrooms, coarsely chopped**
- **2 cups sliced leek (1 medium), rinsed well**
- **2 cloves garlic, minced**
- **2 teaspoons chopped fresh thyme or tarragon, plus more for garnish**
- **3 tablespoons all-purpose flour**
- **3 cups low-sodium chicken broth**
- **2 cups frozen peas**
- **1 tablespoon Dijon mustard**

1. Heat 1 tablespoon oil in a large pot over medium heat. Pat chicken dry and sprinkle with ¼ teaspoon each salt and pepper. Add the chicken to the pot and cook until browned on both sides, 6 to 8 minutes total. Transfer to a clean plate.

2. Add the remaining 2 tablespoons oil and mushrooms to the pan and cook, stirring occasionally, until lightly browned, 4 to 6 minutes. Stir in leek and cook, stirring occasionally, until the leek is just starting to soften, about 4 minutes. Stir in garlic and thyme (or tarragon) and cook until fragrant, about 1 minute. Sprinkle the mixture with flour and cook, stirring, for 1 minute.

3. Add broth, increase heat to high and bring to a simmer, scraping up any browned bits. Adjust heat to maintain a low simmer. Return the chicken and any accumulated juices, cover and cook until an instant-read thermometer inserted in the thickest part of a thigh registers 165°F, about 10 minutes. Season with the remaining ½ teaspoon salt and ¼ teaspoon pepper.

4. Transfer the chicken to a serving platter. Add peas and mustard to the sauce and cook, uncovered, until the peas are heated through, about 2 minutes. Ladle the sauce over the chicken and garnish with more thyme (or tarragon), if desired.

SERVES 4: 3 oz. chicken & about 1 cup sauce each
Cal 260 **Fat** 13g (sat 2g) **Chol** 5mg **Carbs** 28g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 6g **Sodium** 632mg **Potassium** 621mg.

GO WILD FOR NUTRIENTS

Sun exposure triggers vitamin D production in mushrooms, making them one of the few food sources of this nutrient. Wild mushrooms have even more D than cultivated, which are usually grown in the dark.

Honey-Sesame Turkey Meatloaves with Broccolini

ACTIVE: 25 min **TOTAL:** 45 min

Adding cooked veggies to these mini meatloaves helps the lean turkey stay juicy.

- ½ small onion, coarsely chopped
- ½ medium red bell pepper, coarsely chopped
- 2 cloves garlic, smashed and peeled
- 1 1-inch piece peeled fresh ginger, coarsely chopped
- 3 tablespoons peanut *or* canola oil, divided
- 2 bunches broccolini, trimmed
- 1 bunch scallions, trimmed
- ½ teaspoon salt, divided
- 1 large egg, lightly beaten
- ⅓ cup panko breadcrumbs
- 1 tablespoon reduced-sodium soy sauce plus 2 teaspoons, divided
- 1 pound lean ground turkey
- 1 tablespoon honey
- 2 teaspoons toasted sesame oil
- 2 teaspoons sesame seeds

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat one large rimmed baking sheet with cooking spray and line another one with foil.

2. Combine onion, bell pepper, garlic and ginger in a mini food processor. Pulse, scraping down the sides as necessary, until very finely chopped. Heat 1 tablespoon peanut (or canola) oil in a small skillet over medium heat. Add the onion mixture and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large heatproof bowl and spread into a thin layer. Let cool for 5 minutes.

3. Meanwhile, toss broccolini and scallions with the remaining 2 tablespoons peanut (or canola) oil and ¼ teaspoon salt on the sprayed baking sheet. Spread in an even layer.

4. Add egg, breadcrumbs, 1 tablespoon soy sauce and the remaining ¼ teaspoon salt to the onion mixture and mix well. Add turkey and mix until well combined. Shape the mixture into four 2-by-4 inch loaves; place on the foil-lined pan.

5. Roast the meatloaves on the top rack and the vegetables on the bottom rack until an instant-read thermometer inserted in the center of a loaf registers 165°F and the vegetables are tender, 15 to 20 minutes. Remove both pans from the oven.

6. Preheat broiler to high. Combine honey, sesame oil, sesame seeds and the remaining 2 teaspoons soy sauce in a small bowl. Brush the meatloaves with the mixture. Broil on the top rack until lightly browned on top, 1 to 2 minutes.

SERVES 4: 1 meatloaf & 1¼ cups vegetables each **Cal** 379 **Fat** 21g (sat 4g) **Chol** 130mg **Carbs** 21g **Total sugars** 8g (added 4g) **Protein** 29g **Fiber** 3g **Sodium** 672mg **Potassium** 724mg.

RECIPE BY BREANA KILLEEN

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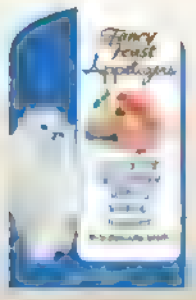

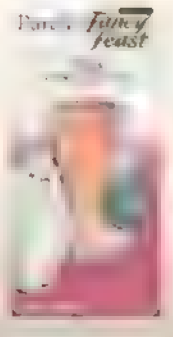

Crispy Fish Taco Bowls

ACTIVE: 20 min **TOTAL:** 20 min

The adobo sauce in a can of chipotles lends earthy heat to the crema that tops these bowls. Don't toss out the unused peppers! Freeze them in an airtight container and pull them out to add to sauces, marinades or chili.

- **1 pound white fish, such as cod, cut into 2-inch pieces**
- **½ cup mayonnaise, divided**
- **¾ cup panko breadcrumbs**
- **¼ cup sour cream**
- **2 tablespoons sauce from a can of chipotle peppers in adobo**
- **2 tablespoons lime juice**
- **Pinch of salt plus ¼ teaspoon, divided**
- **¼ teaspoon ground pepper**
- **2 cups cooked brown rice**
- **2 cups shredded cabbage**
- **1 cup thinly sliced radishes**
- **Fresh cilantro for garnish**

1. Preheat oven to 475°F. Place a wire rack on a rimmed baking sheet; coat with cooking spray.

2. Coat fish with ¼ cup mayonnaise. Place panko in a shallow dish and roll the fish in it. Transfer to the rack on the pan. Bake the fish until crispy and cooked through, 8 to 12 minutes, depending on thickness.

3. Meanwhile, mix the remaining ¼ cup mayonnaise, sour cream, adobo sauce, lime juice and pinch of salt in a small bowl.

4. Sprinkle the fish with the remaining ¼ teaspoon salt and pepper. Divide rice among 4 bowls and top with the fish, cabbage, radishes, the sauce and cilantro, if desired.

SERVES 4: 2 cups each

Cal 478 **Fat** 25g (sat 5g) **Chol** 63mg **Carbs** 42g **Total sugars** 3g (added 0g) **Protein** 20g **Fiber** 3g **Sodium** 738mg **Potassium** 476mg.

TOP CATCH

Any firm, mild-tasting white fish will work in this recipe. For an eco-friendly choice, look for wild Pacific cod caught in the U.S. or Atlantic cod farmed in recirculating tanks.

RECIPE BY ADAM DOLGE

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Chicken Cutlets with Artichokes & Lemon-Dill Sauce

TOTA

- tablespoon extra-virgin olive oil
- d chicken cutlets
- teaspoon salt
- teaspoon ground pepper
- cup heavy cream
- tablespoons lemon juice
- teaspoons cornstarch
- cup unsalted chicken broth
- 14-ounce can artichoke hearts, rinsed and chopped
- tablespoon chopped fresh dill

SERVES

Cal Fat Sat fat Chol Carb

Total sugars Added sugars Protein Fiber

Sodium Potassium

CAN-DO ARTICHOKES

This canned veggie adds 3 grams of fiber per serving to this recipe. Plus it saves you from working with fresh artichokes. If you're lucky enough to find them, swap in frozen.

ROYAL

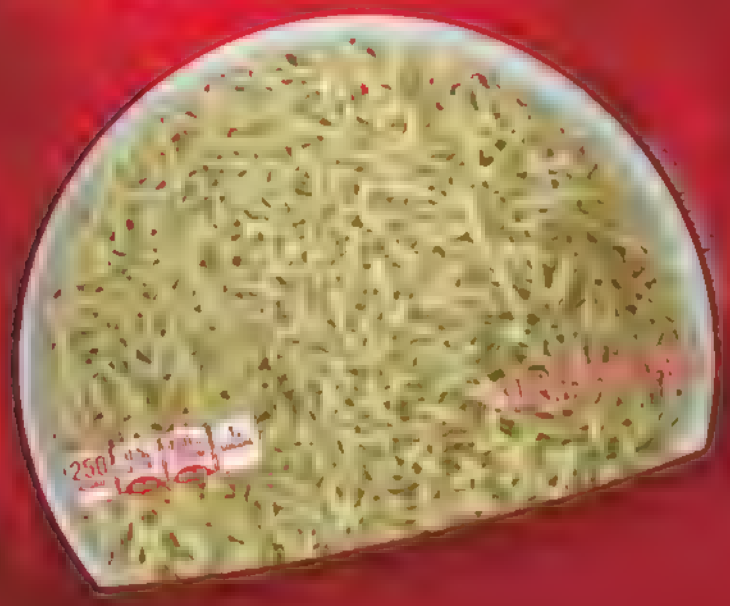
Authentic Flavor Fast

90

ROYAL

CILANTRO LIME

SEASONED BASMATI RICE



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Savory French Toast with Smoked Salmon

ACTIVE: 35 min **TOTAL:** 35 min

French toast gets a dinnertime makeover with slices of crusty bread dunked in mustardy egg custard and topped with red onion, smoked salmon, dill and a simple caper-cream sauce.

- **2 cloves garlic, grated, divided**
- **½ cup crème fraîche *or* sour cream**
- **1 tablespoon capers, rinsed**
- **1 tablespoon chopped fresh dill, plus more for garnish**
- **1 tablespoon lemon juice**
- **½ teaspoon ground pepper, divided**
- **6 large eggs, divided**
- **½ cup whole milk**
- **½ teaspoon dry mustard**
- **4 ½-inch-thick slices crusty whole-wheat bread (about 8 ounces)**
- **2 tablespoons extra-virgin olive oil**
- **4 ounces sliced smoked salmon**
- **Thinly sliced red onion for garnish**

1. Preheat oven to 250°F.

2. Combine half the garlic, crème fraîche (or sour cream), capers, dill, lemon juice and ¼ teaspoon pepper in a small bowl. Set aside.

3. Whisk 2 eggs, milk and dry mustard with the remaining garlic and ¼ teaspoon pepper in a shallow dish.

4. Place 2 slices of bread in the custard and let sit for 30 seconds, flipping once halfway to coat evenly. Heat 1 tablespoon oil in a large nonstick or cast-iron skillet over medium-high heat. Add the soaked bread and cook, flipping once, until lightly browned and crispy, 1 to 2 minutes per side. Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining 1 tablespoon oil and 2 slices of bread.

5. Meanwhile, poach or fry the remaining 4 eggs as desired.

6. Top the French toast with smoked salmon, the cooked eggs and the reserved sauce. Garnish with onion and more dill, if desired.

SERVES 4: 1 toast, 1 egg, 1 oz. smoked salmon & 2 Tbsp. sauce each

Cal 481 **Fat** 29g (sat 12g) **Chol** 314mg **Carbs** 28g **Total sugars** 5g (added 0g) **Protein** 24g **Fiber** 4g **Sodium** 611mg **Potassium** 355mg.

RECIPE BY ADAM DOLGE

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Rosemary-&-Garlic-Basted Sirloin Steak

ACTIVE: 15 min **TOTAL:** 50 min

Master a perfect seared steak with this easy method. The key to success: letting the meat come to room temperature before adding to the pan to ensure it cooks evenly.

- **1 pound boneless top sirloin steak, trimmed**
- **1 tablespoon extra-virgin olive oil**
- **¾ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **4 medium cloves garlic, minced**
- **2 medium shallots, sliced lengthwise**
- **1½ tablespoons butter**
- **1 sprig fresh rosemary, plus more for garnish**

1. Let steak stand at room temperature for 30 minutes. Pat dry with paper towels. Brush with oil and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper.

2. Heat a large cast-iron skillet over medium-high heat. Add steak and cook for 1 minute. Add garlic, shallots, butter and rosemary; cook, tilting the pan slightly to pool the butter and drippings on one side, for 1 minute. Use a spoon to baste the steak with the butter mixture. Flip the steak and cook, basting occasionally, until an instant-read thermometer registers 125°F for medium-rare, 2 minutes more. Transfer the steak to a clean cutting board and top with the shallots, garlic and rosemary. Cover loosely with foil; let stand for 10 minutes.

3. Discard the rosemary sprig. Thinly slice the steak against the grain and transfer to a serving platter. Spoon drippings from the pan and cutting board over the steak. Season with the remaining ¼ teaspoon each salt and pepper and garnish with more rosemary, if desired.

SERVES 4: 3 oz. each

Cal 216 **Fat** 12g (sat 5g) **Chol** 71mg **Carbs** 3g **Total sugars** 0g (added 0g) **Protein** 23g **Fiber** 0g **Sodium** 408mg **Potassium** 332mg.

Classic steakhouse steak calls for a bold cabernet, like the 2017 Fableist cabernet sauvignon ($20), which has flavors of black currant and cedar.

BLAINE MOATS, STYLING GREG LUNA (FOOD); SUE MITCHELL (PROPS). RECIPE BY ADAM DOLGE

Chef Karen Akunowicz

Inspired by a year of pasta-making in Italy, the James Beard Award-winner and *Top Chef* contestant opened Fox & the Knife in Boston, where she puts a modern twist on traditional Italian. Her fresh, bright take on the Italian bread salad panzanella features crisp fennel, tender greens and juicy pomegranate arils.

INSET: KATE GREWAL

Fennel Panzanella

ACTIVE: 20 min **TOTAL:** 20 min

This lemony vinaigrette is so simple but tastes so much fresher than store-bought. Make a double batch to toss on other salads. It will keep in the fridge for up to a week. Add some shredded chicken to the salad to make it a meal.

- **1 tablespoon red-wine vinegar**
- **½ teaspoon grated lemon zest**
- **1 tablespoon lemon juice**
- **1 teaspoon chopped shallot**
- **½ teaspoon Dijon mustard**
- **¼ teaspoon plus ⅛ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **¼ cup extra-virgin olive oil**
- **4 slices whole-wheat sourdough bread (5 ounces), toasted and cut into bite-size pieces**
- **2 cups baby arugula *or* torn arugula leaves**
- **2 cups thinly sliced fennel (1 medium bulb)**
- **6 fresh basil leaves, torn**
- **6 fresh mint leaves, torn**
- **¼ cup grated Parmesan cheese**
- **¼ cup pomegranate arils (seeds)**

1. Combine vinegar, lemon zest, lemon juice, shallot, mustard, salt and pepper in a blender. Blend until smooth. With the motor running, slowly add oil until emulsified. *(Alternatively, whisk the ingredients in a bowl.)*

2. Combine bread, arugula, fennel, basil and mint in a large bowl. Add the dressing and toss to coat. Sprinkle with Parmesan and pomegranate arils.

SERVES 4: 1½ cups each

Cal 269 **Fat** 17g (sat 3g) **Chol** 4mg **Carbs** 23g **Total sugars** 6g (added 0g) **Protein** 6g **Fiber** 4g **Sodium** 461mg **Potassium** 271mg.

Brown Sugar Glazed Apple Cake

ACTIVE: 15 min **TOTAL:** 2½ hrs
TO MAKE AHEAD: Store airtight at room temperature for up to 3 days.
Grated apple and warm spices give this moist cake the flavor of fall.

- 1 cup all-purpose flour
- ¾ cup white whole-wheat flour
- 2 teaspoons apple pie spice *or* pumpkin pie spice
- 1 teaspoon baking powder
- ¾ teaspoon salt plus a pinch, divided
- ½ teaspoon baking soda
- 2 large eggs
- ¾ cup granulated sugar
- ½ cup whole-milk plain yogurt
- 1 teaspoon vanilla extract
- ⅔ cup canola oil
- 2 small crisp apples, such as Gala
- 2 tablespoons light brown sugar
- 1½ tablespoons unsalted butter
- 1½ teaspoons heavy cream

1. Preheat oven to 350°F. Generously coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, spice blend, baking powder, ¾ teaspoon salt and baking soda in a medium bowl. Beat eggs and granulated sugar in another medium bowl with an electric mixer on medium speed until light and fluffy, about 1 minute. Add yogurt and vanilla; beat to combine. Gradually beat in oil and continue beating until well-combined, about 30 seconds. Add the dry ingredients and beat just until combined, scraping down the sides as necessary.
3. Grate one apple onto a paper towel and blot to remove excess moisture. Fold the grated apple into the batter. Scrape the batter into the prepared pan. Halve and thinly slice the remaining apple. Arrange the slices decoratively on top of the batter.
4. Bake the cake until a toothpick inserted in the center comes out clean, 1 hour to 1 hour 10 minutes. Let cool in the pan for 15 minutes, then transfer to a wire rack to cool completely, about 1 hour.
5. Just before serving, heat brown sugar and butter in a small saucepan over medium heat, stirring, until the sugar melts, 1 to 2 minutes. Add cream and a pinch of salt and bring to a simmer. Immediately remove from heat and let cool, stirring occasionally, until thickened, about 2 minutes. Drizzle the glaze over the cake.
SERVES 10: 1 slice each
Cal 338 **Fat** 19g (sat 3g) **Chol** 44mg **Carbs** 40g **Total sugars** 22g (added 18g) **Protein** 4g **Fiber** 2g **Sodium** 329mg **Potassium** 105mg.

RECIPE BY BREANA K LEEN

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GIVE YOURSELF A BREAK

5 OUT-OF-THE-BOTTLE WAYS TO USE KEFIR

SOUR POWER

PHOTOS BY TED & CHELSEA CAVANAUGH

Fruit & Granola Pops, page 62

Kefir Grand Slam

While this drinkable yogurt is delicious on its own, poured over some granola or blended into smoothies, you can use it for so much more. Try it in one of these quick breakfast ideas. **By Carolyn Hodges**

Creamy Scrambled Eggs with Chives
Whisk 2 large eggs, 1 Tbsp. plain kefir, 2 tsp. minced chives and a pinch of salt, then scramble in a buttered skillet over low to medium heat until just set.

Golden Milk Frappe
Combine ¾ cup plain kefir, ½ cup canned light coconut milk, 2 tsp. honey, 1 tsp. ground turmeric, ⅛ tsp. ground cinnamon, a pinch ground pepper and 1 cup ice cubes in a blender. Blend until smooth and frothy.

Overnight Quinoa Pudding
Combine 1 cup cooked and cooled quinoa, ¾ cup plain kefir, 1 Tbsp. chia seeds, 2 tsp. maple syrup, ¼ tsp. vanilla extract and a dash of ground cinnamon. Refrigerate overnight. Top with berries and some more chia.

Thick & Fluffy Kefir Pancakes Replace the water or milk in your favorite pancake mix with an equivalent amount of plain kefir. (As with buttermilk, the acid in kefir helps create tenderness and adds a touch of tang.)

Fruit & Granola Pops
(Photo: page 61.)
Whisk 1½ cups plain kefir, 2 Tbsp. honey and ¼ tsp. almond extract. Divide 1½ cups sliced fruit (such as kiwi, blueberries and strawberries) among six 3-oz. popsicle molds. Top each with 1 Tbsp. granola and insert popsicle sticks. Freeze until solid.

NUTRITION INFO: page 106

Hover your phone's camera over this smart code to get a recipe to make your own kefir.

OUR FOUR FAVORITE KEFIRS

Siggi's Filmjölk A slightly different set of cultures is used to produce this Scandinavian version. The result is a less tangy kind of kefir.

Maple Hill Organic Kefir Grass-fed whole milk makes this cultured drink super-rich. Plus, it's all sourced from farms using regenerative methods.

Lifeway Dairy Free Plantiful This vegan alternative, made from a base of cultured pea protein, is just as creamy as its dairy counterpart.

Redwood Hill Farm Kefir Made with goat's milk, this option may be easier to digest for those sensitive to cow's milk.

FOOD STYLIST: SUE LI

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Best Picks at Panera

Fresh ingredients, responsibly raised meats, seasonal options and umpteen ways to healthify your order are just a few of the reasons this more-than-just-bread chain has legions of devoted fans. We scoured the menu for the best picks that deliver on deliciousness but help you keep calories in check.
By Joyce Hendley

1. BEST GRAIN BOWL

Mediterranean Grain Bowl
PRO ORDER: ***Ask to go light on the feta, olives, tahini and hummus.***
530 calories
A fiber-rich combination of brown rice, quinoa and hummus makes this a plenty-filling choice. Easing up on the briny toppings helps to cut out 390 mg of sodium.

2. BEST BREAKFAST

Bacon, Scrambled Egg & Cheese on Ciabatta
PRO ORDER: ***Get it on a sprouted-grain bagel flat and add tomato and spinach.***
340 calories
Nothing beats a classic bacon, egg and cheese—especially when you swap in whole-grain bread and add some colorful veg to jump the fiber count to 4 fill-you-up grams.

3. BEST TREAT

Cocoa & Crème Cookie
170 calories
Gotta have a dessert? This crunchy chocolate cookie sandwich makes a nice portion-controlled sweet treat, with plenty of chocolate punch.

4. BEST SANDWICH COMBO

You Pick 2 Combo: Mediterranean Veggie Sandwich + Seasonal Greens Salad
PRO ORDER: ***Get the sandwich on whole-grain sourdough and add an egg to the salad.***
310 calories
Getting a "pick two" combo helps keep carbs and sodium down, with plenty to munch on—and you can always upgrade to whole-grain bread. The egg takes the protein from 11 to 14 grams.

5. BEST SOUP COMBO

You Pick 2 Combo: Half Strawberry Poppyseed Chicken Salad + Cup of Vegetarian Creamy Tomato Soup
350 calories
We love the rainbow of fruit on this salad. Pair it with the lowest-sodium soup in the pack and you've got a satisfying lunch with 14 grams of protein.

1

2

3

4

5

FOOD STYLIST: SUE LI

skip sunscreen on a cloudy day? no way.

— Jennifer Garner

[illegible] grayest day, the sun is up there shining. So wear sunscreen every day. It's a simple sun-safe habit and one of the best things you can do for the health of your skin.

[illegible] clouds above. Share your favorite [illegible] moments. #EverydayisaSUNday

every day is sun day

with participation from

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RIDE TO SCHOOL

RIDE TO SCHOOL

Give them the everyday awesome of lunchables

Oh, Snack!

Trader Joe's is known for its trend-setting eats, global flavors and food mashups you can't find anywhere else. These 5 snacks are at the top of our list for deliciousness. ***By Carolyn Hodges***

Crispy Crunchy Okra
These very crispy green pods satisfy our craving for crunch and deliver an impressive 11 grams of fiber and 5 grams of protein per serving.

World's Puffiest Sour Cream & Onion Corn Puffs
Who's to say if they are really the puffiest in the world? But these nibbles are definitely light and airy, and we love that they come in a flavor once reserved for potato chips.

Everything but the Bagel Nut Duo
TJ's has a way with everything bagel seasoning—here it coats roasted almonds and cashews for a mix that's full of flavor, not to mention healthy fats and fiber.

Scalloped Potato Chips with Five Cheeses
Parmesan, Cheddar, Asiago, Romano and provolone combine to create all the flavor of the classic side dish packed into a portable chip.

Organic Elote Corn Chip Dippers
Inspired by Mexican street corn, these spicy chile, lime and buttermilk seasoned chips were made for scooping up guacamole.

FOOD STYLIST SUE LI

AND TAKE BRUNCH TO AN AWESOME LEVEL

Lunchables BRUNCHABLES

THE PLANT PRESCRIPTION

Cardiovascular disease affects nearly half of all adults in the U.S.—and it was knocking on writer Paul Greenberg's door. So he asked the question: Could shifting to a vegan diet get his blood pressure and cholesterol in check?

ILLUSTRATIONS BY NATHAN HACKETT

"Heart disease? Oh, c'mon, that's so old school." So went my thinking as I rode a conveyor belt into a CT scan in one of those dreary medical-imaging facilities I'd managed to avoid for the entirety of my 51 years. I was fairly certain this was just another test that didn't really apply to me, one of the many my doctor had tacked on to the growing list of exams we Americans find ourselves subjected to as we move through the decades. And why should it? I'd never smoked, I drank only in moderation—usually red wine. I exercised for a half-hour on most days, meditated not infrequently and did all the other things one is supposed to do to manage stress. The EKG tracings of my heartbeats were suitable for framing. True, I didn't *exactly* follow Michael Pollan's dictum to "Eat food. Not too much. Mostly plants." But I did mostly avoid processed junk. (Doritos while driving were, for some reason, allowed.) I'd managed to limit myself to what I thought was a tolerable dozen or so pounds of extra weight and I ate red meat only a couple times a month. That my "bad" LDL cholesterol had been creeping up slowly since my early 40s didn't concern me that much. My "good" HDL levels were, well, *good,* and my GP assured me that my ratio of good cholesterol to bad was, also, well, good. And anyway, hadn't the whole cholesterol thing been debunked by some *New York Times* writer or something?

Yeah, yeah, yeah, both of my grandfathers had died of cardiovascular disease. And yeah, yeah, yeah, my blood pressure had started sneaking up on me too. Just as sneakily, in 2017 the American Heart Association and American College of Cardiology lowered the standard for normal blood pressure by 10 points, placing me on the border of hypertension. Still, I continued to think of all this heart disease stuff as something that only applied to guys who carried around tackle boxes full of pills, listened to Sinatra on AM radio and instructed waitresses to "Go easy on the salt, will ya sweetheart? I gotta watch my presha."

But unbeknownst to me, as my medical practitioners logged the various changes in my numbers, they were starting to reconsider my normally salubrious state of affairs, moving me out of what they considered "low risk" up into the mid-range for a heart attack or stroke. Which is why, in January of last year, I was told to get a coronary calcium scan (aka heart scan), a test—not covered by insurance, thank you very much—that uses a highly specific X-ray technology to measure amounts of calcium-containing plaque in the arteries of the heart. Even as the CT scanner zoomed back and forth across my chest, I comforted myself that my friend had cholesterol levels nearly twice as high as mine and had just gotten a perfect zero score on hers. "I got this," I thought.

Two days later, my doctor called to say I scored a 90 out of 400—more calcification in my arteries than 60% of men my age. Without even asking, he phoned in a prescription for statins. If I followed doctor's orders, I would be taking pills every day for the rest of my life. The pharmacy left five messages confirming that my drugs were ready. But I didn't pick them up. I just didn't want to. I was convinced that I wasn't a statin kind of a guy. Wasn't there another way?

During the next year I would find out that, yes, there was. Although it sure as hell wasn't as easy as taking a pill.

One of the 48 Percent

If there was one comfort in all this, it was the fact that I was hardly alone in the diagnosis I'd received. Heart disease remains *overwhelmingly* the top cause of death for Americans, picking off more than 800,000 of us every year. According to the American

Cholesterol, a Primer

- This fatty substance isn't all bad—your body needs it to make vitamin D and various hormones. The liver produces about 80% of the cholesterol required; the rest comes from food.

- In normal circumstances, dietary fat is digested in the stomach and small intestine and converted into something called chylomicrons, which the body in turns sets aside in fat cells and muscle tissue for later energy use. The remnants of that process are circulated back to the liver, where they're cleared from the blood as high-density lipoproteins—a compound better known by its initials, HDL.

- When saturated and trans fats and sugars are eaten in high amounts, the liver can't manage them and there's less chance that cholesterol, fats and triglycerides will be cleared from the blood. Instead, the liver overproduces low-density lipoproteins, also known as LDL cholesterol, which can settle as a precursor to plaque in the arteries. In time, this sticky compound attracts other components like calcium and can eventually lead to clogging or a complete blockage. There are various subtypes of LDL, including a small, dense kind that is more closely linked to plaque buildup and heart disease than the larger, fluffier kind of LDL.

- Some people also have a genetic defect that prevents the body from clearing LDL from the blood—making them more at risk for high cholesterol, even if their diet isn't high in unhealthy fats or sugars.

- Statins work by suppressing the liver's production of enzymes that synthesize LDL, thus stopping the building blocks of plaque before they can start to cause atherosclerosis.

"The pharmacy left five messages confirming that my drugs were ready. But I didn't pick them up. I just didn't want to. I was convinced that I wasn't a statin kind of a guy. Wasn't there another way?"

According to the American Heart Association, nearly half of all Americans (48%) are living with some form of cardiovascular disease (which includes coronary heart disease, heart failure, stroke and hypertension), and two-thirds have at least two major cardiovascular risk factors, such as high cholesterol, poor diet quality and sedentary lifestyle. And while new medical procedures have come along since Sinatra's salad days—like stents and bypasses that have saved countless lives—most cardiologists focus on addressing the accumulation of arterial plaque before a stent or bypass becomes necessary.

Plaque is a combination of fats, calcium, cholesterol and other molecules that can chronically impede blood flow to the heart and brain. An acute situation can arise if a piece of unstable plaque cracks, exposing the blood vessel to clotting agents in the blood—causing a rapid blockage that leads to a heart attack. And in 40% of such cases that's that.

Stopping or slowing plaque accumulation is where statins enter the picture. Today, most cardiologists agree that excessive LDL cholesterol, which is produced by the liver, is a major contributor to plaque buildup *(see "Cholesterol, a Primer," left)*. Statins block the enzyme that prompts the liver to make LDL cholesterol, and also enables the liver to take up excess LDL from the blood, preventing some or all of it from accumulating. But statins do other interesting things. They can also lock the more dangerous, unstable plaque in place, preventing it from cracking. And studies published in the journal *Nature* and others have found that these drugs have an anti-inflammatory effect in the body and may relax veins and arteries, easing blood flow.

Yes, heart disease, on a *population* level, is as serious as it is common, and "On a population scale statins are miracles," according to renowned diet-centered physician Michael Greger, M.D., author of the bestselling *How Not to Die*. Which is why the default for my very mainstream cardiologist was to call in the medication cavalry. Most studies put the mortality risk reduction between 5% and 25%. But when you take it down to a *personal* level, Greger told me, the benefits of statins are not as great. In men 70 and older (two factors that automatically up your odds) with no previous history of heart disease, the risk of dying from a heart attack or stroke is reduced much less—only by around 0.1% "No doctor tells people that because no one would take these drugs if they did," said Greger. "I mean, what risk reduction would you need to justify taking a drug every day for the rest of your life?"

Now, *that's* what I wanted to hear. I am an individual, damn it, not a population. And I am a pretty motivated one to boot. What if I adopted the most heart-healthy eating pattern possible,

amped up my exercise regime and dropped those pesky extra pounds? I decided to give myself a year to make it work. And if it didn't, the drugstore was right around the corner.

Into the Plant-O-Sphere

Ever since writing a book about heart-healthy omega-3 fatty acids, I'd been interested in the differences in outcomes from diet to diet. I'd also been circling around the idea that the best diet for your body might also be the best one for the planet. So when I began researching what to eat for my yearlong heart-improvement project, my attention eventually zeroed in on going vegan. For the planet there's little doubt that veganism works. Animal agriculture contributes nearly two-thirds of the greenhouse gas emissions created by food production globally—and 78% of its methane emissions. And for me, a vegan diet felt straightforward; it eliminated whole categories of foods I might be too tempted by.

With health outcomes, plant-based diets have shown promising results—although there's conflicting evidence as to whether going vegan, vegetarian or eating mostly plants but allowing for some meat, fish and dairy is best. What I found most impressive were the studies that cardiologist Dean Ornish, M.D., founder of the Preventive Medicine Research Institute, conducted in the 1990s—looking at what happened to cardiac patients when they were put on a plant-based (though not completely vegan) diet. In many cases, Ornish discovered that with people like me who had significant calcification, their arteries actually opened up. This phenomenon has been attributed in part to the high amounts of anti-inflammatory micronutrients that a plant-centered diet—full of vegetables, fruits, whole grains, pulses and nuts—delivers.

More recently, a review published in the *American Journal of Clinical Nutrition* reported that among a group of 96,000 Seventh-Day Adventists—who adhere to varying types of plant-based diets—those who were vegan had the lowest risk of hypertension, as well as the lowest BMIs, compared to participants eating a vegetarian diet or a plant-based diet that included small amounts of animal foods. Other research on this cohort has linked veganism to better cholesterol levels, reduced inflammation and lower rates of heart disease.

So, plants it was. But which plants? Here again, I turned to Ornish, or rather Greger, Ornish's colleague. In his hundreds of short nerdfest online videos, Greger has over the years tried to take all the studies of all the foods out there and wedge them into what amounts to a mega meta-analysis of everything from broccoli to beans to beets. Based on that distillation, Greger recommends a diet to his patients that meets nearly all of your nutritional needs and delivers the fiber, antioxidants and other micronutrients that are thought to be the key to tamping down inflammation, lowering LDL cholesterol and improving cardiovascular health. What most decidedly wasn't on the list were animal products and highly processed foods of any kind.

The transition was choppy. Going out to eat was a nightmare. Restaurants had to be pre-vetted and I became that irritating member of a social circle who didn't partake in the shared appetizer platter. At home, though, things went much smoother. I've always loved to cook and swapping in mushrooms for pork in my Bolognese didn't bother me much. In fact, I was impressed with all the many ways plant-based cooking had advanced since I last tried vegetarianism back in the '80s. Making cashew mozzarella was a revelation, as was the totally convincing swap of aquafaba (canned-chickpea water) for eggs in homemade mayonnaise. And by the time I arrived for my three-month checkup, I felt confident that I could sustain my new diet.

In preparation for my experiment, I had also switched to a more lifestyle-centered cardiologist, Suzanne Steinbaum, D.O., president of the SRSHeart Center for Women's Prevention, Health and Wellness in New York City. She's used to challenging establishment assumptions, having been a leader in drawing attention to the overlooked fact that for American women, too, cardiovascular disease is the No. 1 cause of death. But even Steinbaum was cautious about the idea of holding off on drugs. In fact, like pretty much every doctor I interviewed for this article, Steinbaum saw many benefits in statins. "I know cardiologists who, after putting in so many stents on so many patients say, 'They should just put statins in the water,'" she told me. Indeed, many of the cardiologists I talked to were themselves on statins.

But a week later, when the results of my first blood tests came back, Steinbaum was impressed. In just a few months, my LDL had dropped from 160 to 127 mg/dL. My blood pressure—which had been stubbornly stuck at 140/90 mm Hg—was trending downward to something like 135/85. Still, she said, we should really dive deeper to try to figure this out.

In other words, more tests.

A Turn for the Better?

We have come a long way in the last 60 years in understanding the root causes of heart disease. Way back in the Rat Pack days, when the physiologist Ancel Keys first started peering into arteries and finding fatty deposits in the vascular system

Easy Tips for Going Vegan (or Vegan-*ish*)

- Give your friends, family members and dinner hosts a heads-up. Do they need to rearrange their lives to accommodate your dietary choice? No. But consider how you would feel if a guest showed up at your house and you had nothing on the menu they could eat. It's common courtesy.
- Keep snacks like nuts and granola bars on hand. Because inevitably there will be times when there's nothing on the restaurant menu or at the office party that you can eat.
- Start with breakfast. It's the easiest meal to veganize. Think: a whole-wheat English muffin with peanut butter and jam; avocado toast; or cereal with oatmilk.
- Learn to read ingredient labels. You'd be surprised how many foods that seem vegan are not.
- Find recipes for meals that you're excited to make—rather than trying to recreate beloved nonvegan dishes.
- Check out Indian and other Asian cuisines. Many dishes are vegan or are vegetarian and can easily be made vegan.
- Consider "assemble your own" meals—especially if you have nonvegan family members. Try a taco or pho bar with meat and tofu options, or grain bowls where everyone can add the toppings *they* like.

"It's hard to say if I was experiencing a massive kale-induced placebo effect, but I can truthfully say that by month nine of my experiment I felt fantastic."

of middle-aged males, the thought was that fat and cholesterol from food were somehow literally oozing into our blood vessels and clogging them up: a kind of plumbing problem. But as medical research has become more fine-scaled in its ability to identify nuanced pathways, we've come to understand that coronary artery disease is a multifactor issue, one that hinges on a complicated interlinking dynamic of diet, lifestyle and genes.

As I entered the second quarter of my vegan trial, Steinbaum and I started trying to tease out how I stood on those other factors. She ordered a battery of new tests that looked both at my liver's natural ability to deal with cholesterol, as well as at my genetic proclivity to have faulty LDL-clearing enzymes in the first place. (I should say here that I am lucky to be covered under my partner's excellent insurance—or getting to the root of things could have made a serious dent in my finances.) On the good side, a test for APOE (apolipoprotein E), a hereditary marker that is strongly linked to heart disease and Alzheimer's, came back with a normal reading. On the not-so-great side was the result of a panel of tests done by Boston Heart Diagnostics. Generally, Boston Heart judged me to be sound. But one factor that showed red in the user-friendly pamphlet the lab gives its patients was an elevated level of apolipoprotein B—the protein component of what cardiologists call "small and dense" LDL. These particles are very strongly associated with heart attack risk. Worse, small dense LDL levels don't change all that much in response to what we eat. If it turned out that apoB-driven LDL was at the root of my problem, it's possible that my endeavors might hit a wall, regardless of how much broccoli and beets I shoved down my gullet. Nevertheless, I persisted.

When I let Greger know that I'd lowered my LDL by more than 40 points he was pleased, but not particularly surprised. Most of his patients, he said, saw a 30% reduction in LDL in just a few weeks after switching to a vegan diet. This is partially due to actual changes the diet seems to engender in the functioning of the liver, but also because the switch generally drops your weight. And weight has a considerable correlation with cholesterol. Greger explained that for every pound lost, people also tended to shed about one point of LDL. Seeing as I was still above the normal BMI range, I decided to up my exercise and see if I could knock both numbers down.

This might have been as important a choice for me as changing diets. Exercise, it turns out, is about the most statistically effective form of intervention there is for reducing cardiac "events," as doctors call heart attacks and strokes. According to Benjamin Levine, M.D., a professor of internal medicine and cardiology at UT Southwestern Medical Center and Texas Health Presbyterian Dallas, in people like me with calcium scores of less than 100, studies have found a whopping 50% reduction in heart attacks and strokes when subjects exercised regularly compared to those who remained sedentary. (He notes that the benefit seems to plateau at around five hours a week.) Besides shaving off pounds and reducing stress, exercise also lowers blood pressure, stabilizes the heart's rhythm and even improves its overall structure. Particularly relevant to my dilemma: there is evidence, too, that exercise helps transform unstable plaque into the calcified stuff that won't break off and cause ... an event.

Since I had already been doing 30 minutes a day, I upped my "dose" to the upper part of Levine's range and started running 45 minutes daily.

Pharmacy Averted

It's hard to say if I was experiencing a massive kale-induced placebo effect, but I can truthfully say that by month nine of my experiment I felt fantastic. I had lost a dozen pounds, had more energy and could manage 10K runs without joint pain or shortness of breath, though I did miss a good steak from time to time. And my labs from Steinbaum cheered me. "The most compelling

Hover your phone's camera over this smart code to get our writer's vegan Mushroom Bolognese recipe.

markers that we have are the cholesterol and blood pressure," she wrote. "Your LDL cholesterol before you started your trial in February was 160, in May it decreased to 127 and now it is 118. Your ambulatory blood pressures in May were 120-145/80-95. Currently your blood pressures are in the 120s/70-80s." Based on all that, it seemed I had beaten the rap. On the presumption that a continuation of my diet and exercise plan would further lower my numbers, Steinbaum was holding off on statins for the moment.

As I started taking a victory lap, I consulted a bunch of other doctors to fact-check (but also to crow about my numbers). Sadly, several suggested that my whole experiment might be flawed. "The oversimplification of LDL has been driven by the promotion of drugs that lower LDL, rather than the *science* which says the driver is inflammation," Mark Hyman, M.D., head of strategy and innovation at the Cleveland Clinic Center for Functional Medicine, explained on a Zoom call this past winter. "While LDL is a useful risk factor, it is not as important as the overall pattern of cholesterol—small dense LDL particles, high triglycerides, low HDL—and inflammation. The most dangerous pattern is driven by a diet high in sugar and starch not fat." Other physicians I interviewed agreed that animal fat isn't the biggest problem. Rather, it's sugars and simple carbs that drive insulin spikes and inflammation and, in turn, heart disease. Indeed, a study review published in *Progress of Cardiovascular Diseases* found that some sources of saturated fat may have no impact on heart disease, while refined carbs—particularly added sugar—lead to an uptick in inflammation, LDL and other changes that increase heart disease risk and can lead to a threefold risk of dying from it.

"But I bake my own bread and it's 100% whole-wheat!" I protested. Not enough, Hyman said. "My rule of thumb is the only bread you should eat is a loaf you can stand on that won't squish." As a precaution, I followed his advice and switched to a Danish health loaf that indeed bears a certain resemblance to a tasty brick. And in general, as I continued to modify my diet, I favored Greger's advice to eat only whole, plant-based foods and eschewed the products coming out of the rapidly emerging highly processed vegan-food sector.

If there is one thing I've learned after a year of being more in contact with the medical world than I'd normally care to be, it's that tests beget tests. As I geared up to see Steinbaum for a final evaluation, we planned a repeat cardiopulmonary exercise test (CPET) to see if the impressive 112% VO_2 score I'd gotten earlier was a fluke or a trend. We'd redo the apoB test and find out if I'd managed to tackle the "very bad" bad cholesterol issue. And we'd test to see if I had any "endothelial dysfunction," a way of charting whether the calcium picked up in my calcium score was inside or outside of my arteries.

But then the coronavirus swept across New York City. All nonessential services were shut down, including Steinbaum's office. In mid-March, I developed a dry cough, slight difficulty breathing, a fever and extreme fatigue. I knew people with impaired heart health were particularly vulnerable to COVID-19 and I was sure I had it. I worried.

And then, just as suddenly as they arrived, my symptoms vanished. My breathing returned to normal. I started running again. I felt great. Had my improved cardiovascular health contributed to my mild viral experience? Had all that diet and exercise paid off in actual life-saving in the face of a deadly pandemic? I wanted to think so. When I finally tested positive for COVID antibodies in May, that very much seemed to be the case.

Now I'm just waiting for Steinbaum's office to open back up so we can keep on improving my numbers. I've seen the results of changes in lifestyle and diet and am committed to doing better with how I eat and exercise. Because, really, in these crazy times with all the stresses ahead, I know I'm going to need a whole lot of heart.

PAUL GREENBERG *is the author of the James Beard Award-winning* New York Times *bestseller* Four Fish, *as well as* The Omega Principle.

The Takeaway

1 **You are not me.** Come up with a plan that *your* doctor agrees with based on your numbers. For example, if you get a calcium score over 300 (as opposed to my 90), statins are probably in your future. And if you've already had a heart attack or stroke, don't think about any of this until you've consulted your cardiologist.

2 **Stick to dense, fiber-rich whole grains.** Eat "bread that you can stand on without it squishing," as Dr. Mark Hyman says.

3 **"Go easy on the salt, will ya sweetheart?"** Not all people are salt-sensitive—meaning their blood pressure ticks up in response to a high-sodium diet—but salt is a major contributor to hypertension, which in turn is one of the major risk factors for heart attack and stroke.

4 **Supplement.** If you're going full-on vegan you will likely have to supplement your diet with vitamin B_{12} and omega-3 fatty acids—nutrients that are primarily found in nonvegan foods like fish and eggs. Animal-free forms of both are widely available.

5 **Question your "healthy" diet.** Log it and record what you're really eating. Even those Doritos in the car.

6 **Measure your exercise too.** Are you getting 3 to 5 hours a week? If not, up it.

7 **It's OK to cheat.** (Full disclosure: I did several times.) A piece of meat here and there is not apt to blow out your arteries. Rather, as Dr. Michael Greger notes, the goal is a significant overall decrease in saturated fat and increase in anti-inflammatory plant-based foods.

Balls of Energy

These no-bake power-packed bites tame the *hangries*, fuel hikes and more.
By Katherine Martinelli

Mix 'em up.
Choose a flavor combo (*right*) and combine the ingredients in your food processor. Pulse until finely chopped, 10 to 20 times, then process for about 1 minute, scraping down the sides as necessary, until the mixture is crumbly but can be pressed to form a cohesive ball.

Get on a roll.
With wet hands (to prevent the mixture from sticking to them), squeeze about 1 Tbsp. of the mixture tightly between your hands, and roll into a ball. Place in a storage container.

ACTIVE: 25 min **TOTAL:** 25 min
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 3 months.
EQUIPMENT: Food processor
MAKES: About 4 dozen balls
NUTRITION INFO: Page 106

Photo by Johnny & Charlotte Autry

APRICOT-GINGER

1½ cups dried apricots
¾ cup rolled oats
¾ cup finely shredded unsweetened coconut
6 Tbsp. tahini
3 Tbsp. honey
¾ tsp. ground ginger
Pinch of salt

CHERRY-COCOA-PISTACHIO

1½ cups dried cherries
¾ cup shelled salted pistachios
½ cup almond butter
3 Tbsp. cocoa powder
4 Tbsp. pure maple syrup
½ tsp. ground cinnamon

PEANUT BUTTER-DATE

2¼ cups coarsely chopped pitted dates
¾ cup puffed amaranth or brown rice cereal
¾ cup smooth peanut butter
3 Tbsp. ground flaxseed
Pinch of salt

CRANBERRY-OAT

1 cup rolled oats
¾ cup dried cranberries
¾ cup dried figs
½ cup sunflower seed butter
3 Tbsp. hemp seed (*see Tip, below*)
2 Tbsp. honey
1½ tsp. vanilla extract
Pinch of salt

TIP: Hemp seeds are sold either raw (sometimes labeled hemp hearts) or toasted. Both will work in this recipe; the latter will add a bit of crunch.

BLUEBERRY-PECAN

1½ cups dried blueberries
1½ cups pecans
6 Tbsp. cacao nibs
6 Tbsp. almond butter
3 Tbsp. chia seeds
3 Tbsp. pure maple syrup
Pinch of salt

GO FAST WITH FA

Fabio says:

Keep fresh *and* dried pasta on hand. Fresh can always be kept in the freezer and tossed directly into the cooking water. And it cooks in only a few minutes—faster than dry—which is nice.

Fresh Pasta with Quick Bolognese Sauce *and* Roasted Cauliflower with Banana Peppers, **page 82**

BIO

When chef Fabio Viviani is cooking at his Siena Tavern in Chicago he often drives an hour home to make dinner and eat with his wife, Ashley, and their 4-year-old son. "I learned in Italy you have to make time for family meals," says the 42-year-old *Top Chef* alum. Viviani owned his first restaurant in Florence at age 18 and today has a stake in 30-plus restaurants in the U.S. But he still appreciates the simple Italian food he ate growing up. "My mom showed me certain dishes that can be put together quickly. That makes the time for family easier to find." On the following pages, Viviani shares some of his favorite fast recipes, like fresh pasta with Bolognese and gnocchi in creamy truffle sauce. Armed with these recipes, making time for dinner together just got a little bit easier.

FOOD PHOTOGRAPHY BY CON POULOS

STYLING BY DONNA HAY

MATT ARMENDAR Z

Tomato-Basil Soup with Herbed Focaccia Croutons

ACTIVE: 30 min **TOTAL:** 45 min

TO MAKE AHEAD: Store croutons (Steps 1-2) airtight at room temperature for up to 1 day. Refrigerate soup (Steps 3-4) for up to 3 days or freeze for up to 3 months.

Roma tomatoes are fleshy, low in seeds and cheap—making them a good candidate for tomato soup. During peak season you may also see other suitable plum-shaped heirloom varieties at your farmers' market, but you can also ask for any low-seed, fleshy varieties they may have.

CROUTONS

- **1½ tablespoons extra-virgin olive oil**
- **1 tablespoon melted butter**
- **2 tablespoons chopped fresh parsley**
- **1 clove garlic, minced**
- **1½ teaspoons chopped fresh rosemary**
- **1½ teaspoons chopped fresh sage**
- **Pinch of salt**
- **Pinch of ground pepper**
- **2 cups cubed day-old focaccia *or* sourdough bread (½-inch cubes)**
- **¼ cup grated Grana Padano cheese**

SOUP

- **¼ cup extra-virgin olive oil**
- **½ cup chopped onion**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **3 pounds Roma tomatoes, diced (9 cups)**
- **3 tablespoons tomato paste**
- **2 cups low-sodium vegetable broth**
- **3 tablespoons white balsamic vinegar**
- **2 tablespoons light brown sugar**
- **½ cup chopped fresh basil, plus small basil leaves for garnish**
- **6 tablespoons grated *or* shredded Grana Padano cheese**

1. To prepare croutons: Preheat oven to 350°F.

2. Combine 1½ tablespoons oil, butter, parsley, garlic, rosemary, sage and a pinch each of salt and pepper in a medium bowl. Add bread and ¼ cup Grana Padano and toss to coat. Spread evenly on a rimmed baking sheet. Bake, stirring once halfway, until the croutons are golden brown, about 15 minutes.

3. Meanwhile, to prepare soup: Heat oil in a large pot over medium-high heat. Add onion, salt and pepper and cook, stirring occasionally, until soft, 2 to 3 minutes. Add tomatoes, cover and cook for 5 minutes. Stir in tomato paste and cook, stirring, for 2 minutes. Add broth, vinegar and brown sugar and bring to a boil. Cook until reduced slightly, about 2 minutes. Adjust heat to maintain a simmer, cover and cook until the tomatoes are very soft, about 15 minutes more.

4. Stir basil into the soup. Using an immersion blender or a regular blender in batches, blend the soup to the desired consistency (use caution when blending hot liquids). Serve the soup topped with cheese, the croutons and, if desired, basil leaves.

SERVES 6: 1¼ cups soup & ¼ cup croutons each **Cal** 271 **Fat** 18g (sat 5g) **Chol** 12mg **Carbs** 22g **Total sugars** 14g (added 4g) **Protein** 6g **Fiber** 4g **Sodium** 445mg **Potassium** 680mg.

Uncomplicated dishes with few ingredients can often be the best. Here's the key: start with the highest quality ingredients you can afford—they're your hero. For this simple tomato soup, start with ripe, gorgeous Romas and you can't go wrong.

Fabio says:

Many of the great Italian pasta sauces are cooked all day. But with a few fresh additions you can quickly turn a jar of store-bought sauce into a really good "homemade" substitute.

Rigatoni Amatriciana

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate sauce (Steps 1-4) for up to 4 days.

Amatriciana is a classic of modern Roman cooking, though it most likely came from Amatrice about 90 miles away. Typically it's made with few ingredients: garlic, guanciale (cured pork jowl), cheese and tomato. This version doctors up jarred sauce to keep it quick and calls for easy-to-find pancetta in place of the guanciale.

- **6 plum tomatoes**
- **2 tablespoons extra-virgin olive oil, divided**
- **4 ounces pancetta, diced**
- **1 small red onion, diced**
- **2 serrano peppers, seeded and minced**
- **1 cup dry white wine**
- **2 cups prepared marinara sauce**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 pound whole-wheat rigatoni pasta**
- **¼ cup chopped fresh parsley**
- **15 leaves fresh basil, torn**
- **Grated or shredded Parmesan cheese (optional)**

1. Preheat oven to 450°F.

2. Toss tomatoes with oil on a large rimmed baking sheet. Roast the tomatoes, shaking the pan halfway through, until blistered, 15 to 17 minutes. When cool enough to handle, peel the tomatoes and chop coarsely.

3. Meanwhile, put a large pot of water on to boil.

4. Cook pancetta in a large nonstick skillet over medium heat, stirring frequently, until crisp, about 8 minutes. Pour off all but 1 tablespoon of the fat. Add onion and serranos to the pan, increase heat to medium-high and cook, stirring frequently, until softened, about 2 minutes. Add wine and cook until reduced by half, about 5 minutes. Add marinara sauce and the roasted tomatoes and bring to a boil. Adjust heat to maintain a simmer, cover and cook for 5 minutes. Season with salt and pepper. Remove from heat.

5. While the sauce simmers, cook pasta according to package directions. Drain and return to the pot. Add the sauce, parsley and basil; toss to coat. Serve with Parmesan, if desired.

SERVES 8: 1¼ cups each

Cal 346 **Fat** 9g (sat 2g) **Chol** 9mg **Carbs** 51g **Total sugars** 8g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 614mg **Potassium** 458mg

Gnocchi with Truffle Parmesan Sauce

ACTIVE: 25 min **TOTAL:** 25 min

A bit of truffle oil is the magic ingredient that turns pillowy gnocchi into a special dish. You can find it in most well-stocked supermarkets near other flavored oils.

- 3 tablespoons extra-virgin olive oil, divided
- 16 fresh sage leaves
- 1 slice prosciutto, coarsely chopped
- 1 medium shallot, minced
- 2 cloves garlic, minced
- ¾ cup heavy cream
- ¼ cup grated Grana Padano cheese, plus more for serving
- ½ teaspoon ground pepper
- ⅛ teaspoon salt
- 1 pound whole-wheat gnocchi
- 1 teaspoon truffle oil

1. Put a large pot of water on to boil.

2. Meanwhile, heat 2 tablespoons olive oil in a medium skillet over medium heat. Add sage and cook until crispy, 2 to 4 seconds per side. Leaving the oil in the pan, transfer the sage to a paper-towel-lined plate. Add prosciutto to the pan and cook, stirring occasionally, until crispy, 1 to 2 minutes. Leaving the oil in the pan, transfer the prosciutto to the plate with the sage. Set aside.

3. Add the remaining 1 tablespoon olive oil to the pan. Add shallot and garlic and cook, stirring often, until translucent, 30 to 60 seconds. Add cream and bring to a boil. Adjust heat to maintain a lively simmer and cook, stirring frequently to prevent burning, until reduced by half, 4 to 5 minutes. Whisk in Grana Padano, pepper and salt. Remove from heat and cover to keep warm.

4. Cook gnocchi in the boiling water until they float to the surface, about 3 minutes. Using a slotted spoon or sieve, scoop out the gnocchi and add to the sauce, along with truffle oil. Stir to coat. Top the gnocchi with the reserved sage and pancetta and more cheese, if desired.

SERVES 5: about ¾ cup each

Cal 380 **Fat** 25g (sat 10g) **Chol** 47mg **Carbs** 33g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 3g **Sodium** 458mg **Potassium** 207mg.

Fabio says:

A finish like fried sage leaves or some crisped prosciutto can make even a 25-minute gnocchi seem like you spent hours preparing it.

Brussels Sprouts Salad with Parmesan & Marcona Almonds, page 82

Fabio says:

Think of this Brussels sprouts, almonds and Parmesan salad as a starting point for invention. You can make swaps endlessly. Try toasted breadcrumbs instead of nuts, feta instead of Parm or green beans instead of Brussels.

WINE PAIRINGS

Break out a bottle of bubbly, such as the **Mionetto Brut Prosecco,** *Veneto, Italy ($14), and make a Tuesday—and Brussels sprout salad—feel fancy.*

Rich and rounded with hints of vanilla, serve the **Pieropan Soave Classico,** *Veneto, Italy ($18), with the creamy gnocchi.*

Flavors of crushed super-ripe berries make the **2016 La Spinetta Il Nero di Casanova Terre di Pisa Sangiovese,** *Tuscany, Italy ($20), taste almost like summer jam, which is perfect with the Rigatoni Amatriciana or Fresh Pasta with Quick Bolognese Sauce.*

RECIPES BY
FABIO VIVIANI

Brussels Sprouts Salad with Parmesan & Marcona Almonds

ACTIVE: 20 min **TOTAL:** 20 min

Brussels can be sliced into ribbons with a knife or mandoline, but it's overkill for weeknights. A food processor with a slicing blade will give you pro results. Or grab a bag of shredded sprouts from your supermarket. (Photo: page 81.)

- **¼ cup white-wine vinegar**
- **1 tablespoon honey**
- **2 teaspoons minced shallot**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **⅓ cup extra-virgin olive oil**
- **1½ pounds Brussels sprouts, shredded**
- **¼ cup Marcona almonds, chopped**
- **2 ounces Parmesan cheese, shaved (1 cup)**

Whisk vinegar, honey, shallot, salt and pepper in a large bowl. Gradually whisk in oil. Add Brussels sprouts and toss to coat. Sprinkle with almonds and Parmesan.

SERVES 6: about 1 cup each
Cal 236 **Fat** 18g (sat 4g) **Chol** 6mg **Carbs** 14g **Total sugars** 5g (added 3g) **Protein** 7g **Fiber** 3g **Sodium** 360mg **Potassium** 409mg.

Roasted Cauliflower with Banana Peppers

ACTIVE: 20 min **TOTAL:** 55 min

Don't be tempted to jam all the cauliflower onto one sheet pan in order to make fewer dirty dishes. Spreading it out on two pans ensures that it gets golden brown. (Photo: page 76.)

- **2 pounds cauliflower (1 medium head), cut into 2-inch florets**
- **3 medium shallots, sliced**
- **⅓ cup extra-virgin olive oil**
- **¾ teaspoon salt**
- **½ teaspoon ground pepper**
- **½ cup sliced pickled banana peppers**
- **½ cup torn fresh mint**
- **¼ cup pine nuts, toasted**

1. Preheat oven to 400°F.
2. Toss cauliflower, shallots, oil, salt and pepper in a large bowl. Divide between 2 large rimmed baking sheets. Roast, stirring once halfway, until starting to brown, about 20 minutes.
3. Add banana peppers and toss to combine. Continue to roast, stirring once, until the cauliflower is tender and browned, 15 to 20 minutes more. Serve topped with mint and pine nuts.

SERVES 8: ¾ cup each
Cal 150 **Fat** 13g (sat 2g) **Chol** 0mg **Carbs** 8g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 330mg **Potassium** 398mg.

Fresh Pasta with Quick Bolognese Sauce

ACTIVE: 25 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate sauce (Step 2) for up to 3 days or freeze for up to 3 months.

While traditional Bolognese is slow-cooked to develop its rich taste, this version calls for Italian sausage to build flavors fast. (Photo: page 76.)

- **3 tablespoons extra-virgin olive oil**
- **¼ cup grated carrot**
- **¼ cup grated onion**
- **1 pound lean ground beef**
- **8 ounces sweet Italian sausage, casings removed**
- **2 tablespoons tomato paste**
- **3 cloves garlic, sliced**
- **¼ cup dry red wine**
- **1 28-ounce can crushed tomatoes**
- **¾ teaspoon ground pepper**
- **½ teaspoon salt**
- **1 pound fresh pasta, such as fettuccine**
- **3 tablespoons finely chopped fresh basil**
- **3 tablespoons finely chopped fresh parsley, plus more for garnish**
- **½ cup grated Grana Padano cheese**

1. Put a large pot of water on to boil.
2. Meanwhile, heat oil in another large pot over high heat. Add carrot and onion and cook, stirring, for 1 minute. Add beef and sausage and cook, breaking up the meat with a wooden spoon and reducing the heat if it starts to stick to the pan, until no longer pink, about 5 minutes. Stir in tomato paste and garlic; cook, stirring, for 2 minutes. Add wine and cook, scraping up any browned bits, until it's mostly evaporated, about 2 minutes. Stir in tomatoes, pepper and salt. Reduce heat to maintain a simmer and cook, stirring occasionally, until slightly thickened, about 10 minutes.
3. Cook pasta in the boiling water, stirring to prevent sticking, until al dente, 2 to 3 minutes. Reserve ½ cup of the water. Drain the pasta.
4. Add the pasta, basil and parsley to the sauce. Add enough of the reserved pasta water to loosen the sauce to your liking. Serve topped with cheese and more parsley, if desired.

SERVES 8: 1¼ cups each
Cal 476 **Fat** 24g (sat 7g) **Chol** 80mg **Carbs** 42g **Total sugars** 6g (added 0g) **Protein** 23g **Fiber** 4g **Sodium** 662mg **Potassium** 574mg.

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AVOCADO-EGG TOAST

BROUGHT TO YOU BY EGGLAND'S BEST

ACTIVE **5 MIN** | TOTAL **5 MIN** | SERVINGS **1**

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 **Eggland's Best** large egg, fried
- 1 teaspoon Sriracha (optional)
- 1 tablespoon scallion, sliced (optional)

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.

2. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

CRUNCHY CAULIFLOWER BITES WITH CURRY-LIME AIOLI

BROUGHT TO YOU BY HELLMANN'S Best Foods

ACTIVE **25 MIN** | TOTAL **50 MIN** | SERVINGS **4**

- ½ cup garbanzo (chickpea) flour or all-purpose flour
- 4 teaspoons minced fresh cilantro, plus more for garnish
- ¾ teaspoon salt, divided
- ⅛ teaspoon ground pepper
- 10 tablespoons water
- ¼ teaspoon grated lime zest
- 1 tablespoon lime juice plus 1¼ teaspoons, divided
- 1½ cups panko breadcrumbs
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder, divided
- 6 cups 1½-inch cauliflower florets (from 1 medium head)
- ½ cup **Hellmann's** or **Best Foods** mayonnaise
- ¾ teaspoon curry powder

1. Preheat oven to 400°F. Line a baking sheet with foil and coat with cooking spray.

2. Combine flour, cilantro, ¼ teaspoon salt and pepper in a large bowl. Whisk in water and 1 tablespoon lime juice. Combine breadcrumbs, cumin, ¾ teaspoon garlic powder and the remaining ½ teaspoon salt in another large bowl.

3. Working in batches, place several cauliflower florets in the batter and stir to coat. Let excess batter drip off, then toss lightly in the breadcrumb mixture to coat. Transfer to the prepared pan.

4. Bake the cauliflower, stirring once, until golden, 30 to 40 minutes.

5. Combine mayonnaise, curry powder, lime zest and the remaining 1¼ teaspoons lime juice and ¼ teaspoon garlic powder.

6. Serve the cauliflower with the aioli and more cilantro, if desired.

MEET MABLE OWENS CLARKE,

the woman who turned to South Carolina home cooking to save her church, feed the masses and lift up the community.

FISH

LOCATION PHOTOGRAPHY BY NICK BURCHELL

FOOD PHOTOGRAPHY BY JOHNNY AUTRY

BY BETSY ANDREWS

It was the third Saturday of the month at the Soapstone Baptist Church, and Mable Owens Clarke—short-cropped hair, sparkly eyes—was greeting a first-timer with a favorite line: "Where've you been? I've been waiting to feed you!"

Behind her, irresistible aromas rose off the steam table. Folks lined up out the door, standing close together (as this was pre-pandemic), waiting to pay $14 a ticket for a feast cooked by Clarke—enough food for the 400 who would come to this back-roads promontory in northwestern South Carolina. Clarke's "food dippers" were holding serving spoons, ready for decisions.

Most guests requested the meal's namesake: Clarke's cornmeal-and-spice-crusted flounder. But that was just the beginning. Don't like fish? Then how about cranberry chicken or smothered pork chops? Alongside, maybe collards, their taste bumped up with chicken stock, or the mac 'n' cheese, a custardy triumph. And the gooey tomato casserole? People would talk about it long after Saturday.

"Put your ticket in that little jar," Clarke directed. "I got wheelbarrows in the back. I can just wheel you out."

But the food wasn't really why anyone came. They came to support Clarke's mission to save an African American treasure. Clarke lives with her husband beside

on land once farmed by her parents, Lula and Chris Owens, grandchildren of some of the 600 formerly enslaved people who formed a community they called Liberia. They traded their labor for acreage from landowners left penniless after the Civil War. And on a soapstone outcropping overlooking the Blue Ridge Mountains, they built a chapel.

The Owens had eight children who all attended the one-room schoolhouse that has stood for a century beside the church. They sold produce door to door, and when arsonists burned Soapstone in 1967, Lula solicited donations from their customers to get the church rebuilt.

Lula's cooking had brought diverse neighbors to her table, and she taught Mable at her apron strings. "When I turned 8, she said, 'The rest of the children are big enough to work the farm, and you're going to have to get lunch ready for us,'" Clarke recalls.

Over time, folks moved from Liberia, some lured to the Greenville mills nearly 25 miles away. The congregation dwindled from hundreds to, today, just nine. On her deathbed a decade ago, Lula told her daughter, "Your great-grandfather was the founder of Soapstone Church. Don't let the doors close." Tears ran down Clarke's cheeks recalling it. "Three days later, Mama left. The angels came, and she flew."

Clarke used her cooking to fulfill her mother's final wish. She launched the fish fry in a rented space until Soapstone could build a dining room. To pay for the addition, the church's 6 acres

"ENSLAVED WEST AFRICANS BROUGHT THEIR LOVE OF FISH TO THE AMERICAS AND FISHED TO SUPPLEMENT THEIR POOR RATIONS. FISH FRIES BECAME A REGULAR PART OF AFRICAN AMERICAN SOCIAL LIFE IN THE SOUTH, ESPECIALLY AT CHURCHES."

Tomato Casserole (*top*), Mable's Mac 'n' Cheese and Steam-Baked Summer Squash (*page 90*).

Tomato Casserole

ACTIVE: 25 min **TOTAL:** 1½ hrs

When she's cooking for hundreds of guests at the fish fry, Mable Clarke uses canned tomatoes and green chiles for this dish. Since you're likely not cooking for 400, we adapted the recipe to use fresh tomatoes.

- **1 tablespoon extra-virgin olive oil**
- **2 medium onions, very thinly sliced**
- **¼ teaspoon ground pepper**
- **6 cups chopped tomatoes (about 2 pounds)**
- **¼ cup chopped pickled jalapeños**
- **2 cups crushed cheese-flavored crackers, such as Cheez-Its, divided**
- **1¼ cups mayonnaise**
- **¾ cup grated sharp Cheddar cheese**
- **¾ cup grated Parmesan cheese**
- **¼ cup chopped fresh basil**

1. Preheat oven to 375°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large skillet over medium heat. Add onions and cook, stirring often, until golden, about 10 minutes. Season with pepper.
3. Combine tomatoes and jalapeños in a large bowl. Spread 1 cup cracker crumbs in the prepared baking dish. Top with half the tomato mixture. Layer on the onions. Top with the remaining tomato mixture. Combine mayonnaise, Cheddar, Parmesan and basil in a medium bowl; spread on top of the casserole. Top with the remaining 1 cup cracker crumbs.
4. Bake until bubbling and the cheese has melted, 50 to 60 minutes. Let cool for 10 minutes before serving.

SERVES 16: ½ cup each
Cal 232 **Fat** 19g (sat 4g) **Chol** 16mg **Carbs** 11g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 1g **Sodium** 314mg **Potassium** 202mg.

and Clarke's house were mortgaged and monthly payments were due. "But God gets me through it," she said. "Every third Saturday, He sends people."

Fish fries like Clarke's date to slavery, says historian Adrian Miller, author of *Soul Food,* "when enslaved West Africans brought their love of fish to the Americas and fished to supplement their poor rations. Fish fries became a regular part of African American social life in the South, especially at churches. During the Great Migration, African Americans brought the tradition to other parts of the country."

Clarke's cooking also honors the abundance of her childhood. "We were poor but never hungry. We grew everything we ate," she said. Her fish was hot and fresh, its crisp exterior yielding to flaky moistness. But the season's harvest carried the meal: lima beans so rich that they clinch their nickname, "butter beans"; summer squash, silky after steaming; cinnamon-spiced zucchini bread.

After eating, it was time for a walk. Every few hours, guests would take a break and meander out to a shady clearing. Some years ago, surveyors marking property lines happened upon graves in the woods. Clarke called on local churches to help clear the land around the Soapstone ancestors' headstones. "I said, 'Lord, what can I do to give them some dignity?'" she recalled. After she threatened a one-woman sleep-in at county offices, officials funded a road, fence and historical kiosk for the cemetery.

Today, as real estate speculators take advantage of tax liens, missing titles and unfair legislation to dispossess African American people of ancestral lands in the South, Clarke struggles to hold onto Liberia's legacy. With the bank wanting money and the fish fry suspended for a few months during the COVID-19 shutdown, there's pressure to succumb to developers offering cash for Soapstone's unfettered mountain view.

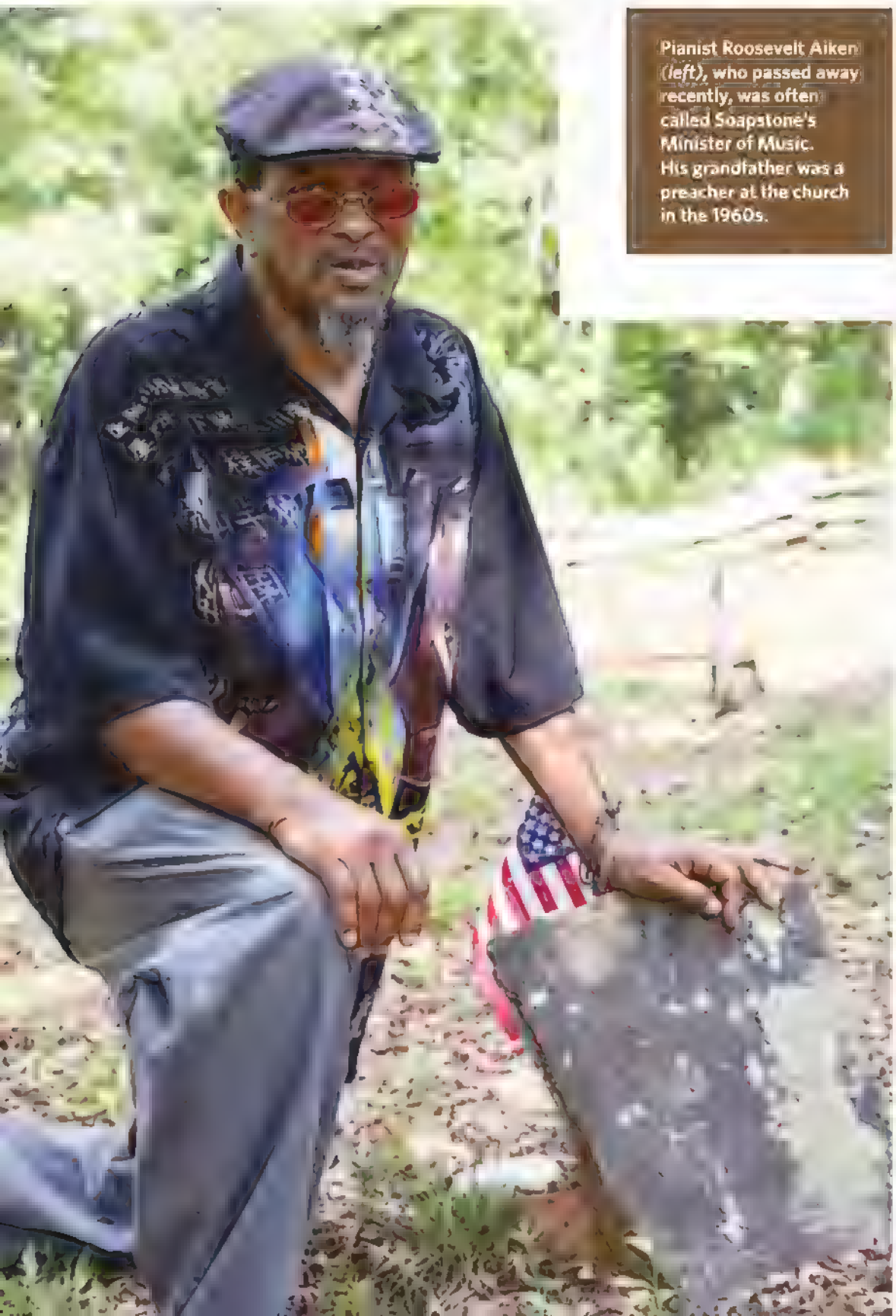
"What is happening here is what has been happening to African American landowners especially in the last half-century, as real estate development spread across the South," says Andrew W. Kahrl, professor of history and African American studies at the University of Virginia. "Local governments and the courts are often in collusion. Black-owned land is seen as a path of least resistance. They take advantage of historic inequities and compound them."

A supporter started a GoFundMe campaign on Clarke's behalf—"Soapstone Church and Slave Cemetery"—to make up the shortfall, and Clarke is looking into grants and legal protection. She wants Soapstone secured as a monument to African American resilience.

"It's not just a local story. It's a part of the nation's story," says Clemson University anthropologist John M. (Mike) Coggeshall. He collaborated with Clarke on *Liberia, South Carolina: An African American Appalachian Community,* royalties from which go to the community. After reading it in their book club, Nicole Bennett and Selena Parker came to the fish fry.

"My family comes from the Reynolds Plantation that runs out of Virginia down into North Carolina. We had to go back and mark graves of family that was in slavery," said Parker. "So it's interesting to see how this plays out here because it's our history."

Plus, said Bennett, pushing her emptied platter aside, "It's for-real food, down-home food. Food for the soul."



Pianist Roosevelt Aiken *(left)*, who passed away recently, was often called Soapstone's Minister of Music. His grandfather was a preacher at the church in the 1960s.

BETSY ANDREWS *is a food and travel writer and poet. Her books include* New Jersey *and* The Bottom.

Collard Greens

ACTIVE: 30 min **TOTAL:** 1½ hrs

In summer, South Carolina farmers' markets overflow with big, leafy collards. Mable Clarke uses premade ham stock for simmering them, which can be hard to find. We adapted the recipe with chicken broth and a ham bone or hock. As the bone simmers it adds flavor to the broth and yields enough meat to serve with the collards.

- **8 cups low-sodium chicken broth**
- **1 tablespoon reduced-sodium beef concentrate, such as Better Than Bouillon**
- **1 ham bone *or* ham hock**
- **1 large onion, coarsely chopped**
- **3 pounds collard greens, stemmed and chopped (24 cups)**
- **¼ teaspoon ground pepper**

1. Combine broth, beef concentrate and ham bone (or ham hock) in a large pot. Bring to a boil over high heat.

2. Add onion and collard greens to the pot and reduce heat to maintain a simmer. Cover and cook, stirring occasionally, until the collards are very tender, about 1 hour.

3. Transfer the ham bone (or hock) to a cutting board with tongs or a slotted spoon. When cool enough to handle, pull off and shred or dice any meat clinging to the bone. Stir the meat into the greens. Season with pepper.

SERVES 10: about 1 cup each

Cal 82 **Fat** 2g (sat 1g) **Chol** 6mg **Carbs** 9g **Total sugars** 1g (added 0g) **Protein** 10g **Fiber** 4g **Sodium** 376mg **Potassium** 408mg.

Fried Flounder

ACTIVE: 35 min **TOTAL:** 35 min

EQUIPMENT: Deep-fry *or* candy thermometer

Juicy inside and crispy outside, this is the centerpiece of the Soapstone Baptist Church monthly fish fry. Serve with lemon wedges and a quick tartar sauce of mayonnaise, capers, relish and a touch of Tabasco. (Photo: page 85.)

- **6 cups vegetable oil, such as avocado *or* canola, for frying**
- **½ cup yellow cornmeal**
- **½ cup white cornmeal**
- **1½ teaspoons garlic powder**
- **1½ teaspoons lemon pepper**
- **¾ teaspoon ground pepper**
- **¾ teaspoon paprika**
- **½ teaspoon seasoned salt, such as Lawry's**
- **3 pounds flounder fillets**

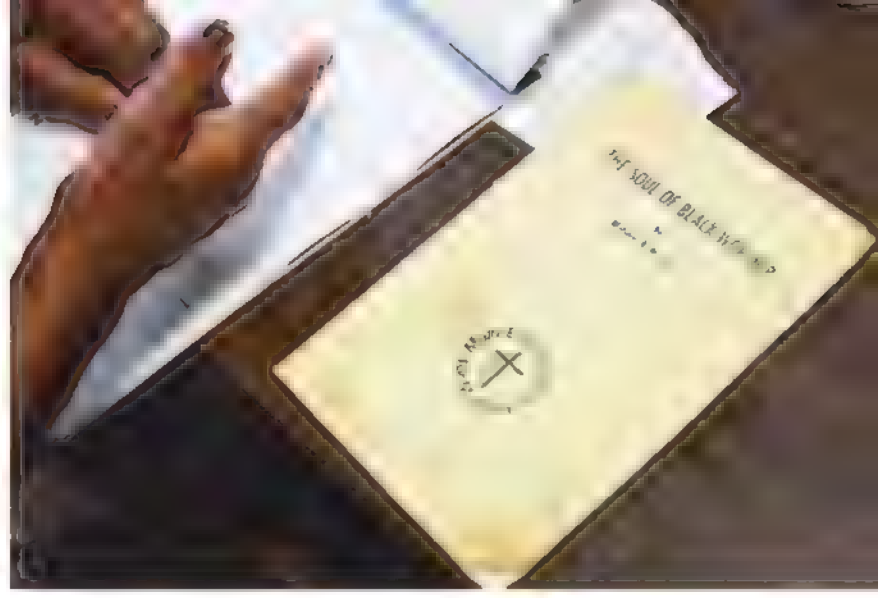
1. Clip a deep-fry or candy thermometer to the edge of a large pot. Add oil to the pot and heat over medium-high heat until it reaches 350°F. Place a wire rack on a baking sheet.

2. Meanwhile, whisk yellow and white cornmeal, garlic powder, lemon pepper, ground pepper, paprika and seasoned salt in a large bowl.

3. Pat fish dry. Working with 4 pieces at a time, dredge the fish in the cornmeal mixture, shaking off excess. Using tongs, carefully add the fish to the hot oil and adjust the heat to maintain a temperature of 350°F. Fry the fish, flipping occasionally, until golden brown and cooked through, 2 to 3 minutes total. Transfer to the rack to drain. Repeat with the remaining fish, letting the oil return to 350° between batches.

SERVES 10: 4 oz. each

Cal 166 **Fat** 8g (sat 1g) **Chol** 61mg **Carbs** 5g **Total sugars** 0g (added 0g) **Protein** 17g **Fiber** 1g **Sodium** 452mg **Potassium** 240mg.



Mable's Mac 'n' Cheese

ACTIVE: 25 min **TOTAL:** 1 hr 10 min

"One thing I dislike is dry macaroni," says Mable, so she makes plenty of custard for her version of this classic. "When people taste it, they say, 'Oooh, this macaroni!'" (Photo: page 86.)

- **8 ounces whole-wheat elbow macaroni**
- **2 large eggs, lightly beaten**
- **2 cups whole milk**
- **3 cups grated sharp Cheddar cheese**
- **1 cup low-fat cottage cheese**
- **½ cup sour cream**
- **½ cup grated Parmesan cheese**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**

1. Preheat oven to 400°F. Coat an 8-inch-square baking dish with cooking spray.
2. Cook macaroni according to package directions. Drain and pour into the prepared pan.
3. Whisk eggs, milk, Cheddar, cottage cheese, sour cream, Parmesan, pepper and salt in a medium saucepan. Cook over medium heat, whisking frequently, until the cheeses are mostly melted, 6 to 8 minutes. Pour the custard over the macaroni, spreading evenly.
4. Bake until the custard is set and the top is browned, 50 to 60 minutes. Let cool for 5 minutes before serving.

SERVES 14: ½ cup each
Cal 219 **Fat** 12g (sat 6g) **Chol** 63mg **Carbs** 16g **Total sugars** 2g (added 0g) **Protein** 13g **Fiber** 1g **Sodium** 319mg **Potassium** 104mg.

Stewed Lima Beans

ACTIVE: 15 min **TOTAL:** 1¾ hrs
(plus overnight soaking)
TO MAKE AHEAD: Refrigerate for up to 2 days.

Mable's onion-rich roast turkey stock gives these humble beans a rich, savory flavor, but store-bought will also do the trick. A long, slow simmer coaxes the creaminess out of the limas.

- **1 pound dried lima beans, soaked overnight**
- **1 medium onion, coarsely chopped**
- **8 cups low-sodium chicken broth *or* turkey broth**
- **2 cloves garlic, crushed**
- **1¼ teaspoons salt**
- **½ teaspoon ground pepper**
- **½ teaspoon ground cumin**
- **½ teaspoon crushed red pepper**

1. Drain and rinse beans. Transfer to a large pot and add onion, broth, garlic, salt, pepper, cumin and crushed red pepper. Bring to a boil.
2. Reduce heat to maintain a simmer. Cover and cook until the beans are tender, 1½ to 2 hours. Serve the beans with the broth.

SERVES 10: about ¾ cup each
Cal 190 **Fat** 2g (sat 0g) **Chol** 0mg **Carbs** 32g **Total sugars** 5g (added 0g) **Protein** 14g **Fiber** 9g **Sodium** 357mg **Potassium** 969mg.

Steam-Baked Summer Squash

ACTIVE: 10 min **TOTAL:** 1 hr

This casserole gets its lusciousness from sealing the baking dish with foil. As the squash cooks in its own juices, it mingles with melted butter for a pleasantly velvety bite. (Photo: page 87.)

- **2 pounds summer squash, sliced ¼ inch thick**
- **½ cup chopped onion**
- **¼ cup chopped red bell pepper**
- **¼ cup chopped green bell pepper**
- **4 tablespoons (½ stick) unsalted butter, melted**
- **2 cloves garlic, minced**
- **¾ teaspoon kosher salt**
- **¼ teaspoon ground pepper**

1. Preheat oven to 325°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine squash, onion, red and green bell pepper, butter, garlic, salt and pepper in a large bowl. Transfer to the prepared pan and cover with foil.
3. Bake until the vegetables are very tender, 45 to 55 minutes.

SERVES 6: 1 cup each
Cal 101 **Fat** 8g (sat 5g) **Chol** 20mg **Carbs** 7g **Total sugars** 4g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 245mg **Potassium** 427mg.

This article was initially reported prior to the COVID-19 pandemic. At press time, the Soapstone Fish Fry was up and running again. It's scheduled for the third Saturday of each month, but to get the most up-to-date information and find out about contributing to the GoFundMe, visit *gofundme.com/f/soapstone-church-and-slave-cemetery* or the Soapstone Baptist Church Facebook page.

STYLING: CHARLOTTE AUTRY

Zucchini Bread

ACTIVE: 20 min **TOTAL:** 2½ hrs
TO MAKE AHEAD: Store airtight at room temperature for up to 2 days or freeze for up to 3 months.
EQUIPMENT: Two 9-by-5-inch loaf pans
This zucchini bread is among the treats that end the fish fry at Soapstone Baptist Church. While some recipes call for squeezing the water out of the zucchini, don't—it's the secret to this quick bread's extra moistness.

- **3 large eggs**
- **1½ cups granulated sugar**
- **1 cup canola oil**
- **2 teaspoons grated lemon zest**
- **1 teaspoon vanilla extract**
- **1½ cups all-purpose flour**
- **1½ cups white whole-wheat flour**
- **2 teaspoons ground cinnamon**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **1 teaspoon kosher salt**
- **3 cups shredded zucchini (about 1 pound)**
- **½ cup ground pecans *or* pecan meal**

1. Preheat oven to 350°F. Coat two 9-by-5-inch loaf pans with cooking spray.
2. Whisk eggs, sugar, oil, lemon zest and vanilla in a large bowl. Whisk all-purpose flour, whole-wheat flour, cinnamon, baking powder, baking soda and salt in a medium bowl.
3. Add the dry ingredients to the wet ingredients and mix until smooth. Fold in zucchini and ground pecans (or pecan meal). Divide the batter into the prepared pans and smooth the tops.
4. Bake until a toothpick inserted into the center of each loaf comes out clean, about 1 hour.
5. Let the loaves cool in the pans for 10 minutes, then turn out onto a wire rack to cool completely before slicing, about 1 hour.
MAKES: 2 loaves, 10 slices each
Cal 257 **Fat** 14g (sat 1g) **Chol** 28mg **Carbs** 30g **Total sugars** 16g (added 15g) **Protein** 4g **Fiber** 2g **Sodium** 196mg **Potassium** 102mg.

The Most Abund

With all that's ripe right now it can be overwhelming, especially if you have a garden. Here's how to use your freezer to save the flavors of summer.

By Carolyn Malcoun

I'm married to a Pisces. If you have a Pisces in your life, you know that means I'm married to someone with Big Ideas. Big Plans! And there are new ones every day. Take our garden, for instance. When we moved into our house five years ago, towering trees crept up nearly to our home. We had a small yard where we could've positioned a few raised beds and called it a day. But that wasn't enough for Big Ideas Dan. An acre of trees came down, the lawn was leveled and boom—we now have a garden that could feed a village. That's how my husband does things.

Even though he has tendencies toward precision, that goes out the window when he plants seeds. The lettuce soon becomes a forest that even a family of salad-lovers could never consume before it bolts. One year Dan forgot that he dispersed an entire packet of basil among the tomatoes. Only after I had put up dozens of jars of pesto did

ant Season

we discover the additional basil hiding below the tomatoes. Unfortunately, our 8-year-old daughter declared pesto disgusting, even though she loves every single ingredient on its own.

When it comes to preserving our bounty I have to get extremely creative. (Even the best of friends will start to say no if you try to give them the most gorgeous purple bell peppers every single day.) Did I mention I'm the one who is always in charge of this? And that I hate canning? It's hot enough already, with the western sun blazing in my kitchen windows. I don't need to stand over boiling water for hours on end. So I use my freezer as the ultimate preservation tool.

It all started with the spinach. It seemed like Mr. Big Ideas had "tripped" and "accidentally" showered an entire packet of seeds in one of our beds and it needed to be thinned. We were already eating greens three meals a day due to our Salad Forest. So I made a spinach quiche. That barely made a dent. So I whipped up more of the quiche filling and baked it in muffin tins. We ate some for breakfast the next day and I popped the rest in the freezer for hurried mornings. I slow-roasted pan after pan of tomatoes and layered them in jars in my freezer. We ate them throughout the winter on grain bowls and risotto, a little taste of summer itself. I whirled carrots into a soup that became our go-to I-don't-feel-like-cooking dinner.

Being at home during the COVID-19 pandemic this past spring and summer gave us the opportunity to be a little more thoughtful with our garden. (Translation: I put a slightly more thoughtful plan in place that Dan is mostly following.) And that plan now includes all the ways I'm going to load up that freezer again. No more pesto, but plenty of mini spinach quiches.

It's Tomato Time

Tomato lovers, when you've had your fill of BLTs and caprese salads, take advantage of the abundance and make a batch of this slow-cooker marinara *(page 98)* or slow-roasted tomatoes *(page 96)*. No garden? No problem. Ask your favorite farmers' market vendor if they have any "seconds" for sale. Those tomatoes may not look pretty but they'll still taste delicious—plus they're often on offer for a fraction of the price.

Photography by CON POULOS // *Styling by* DONNA HAY

Step into the Freezer

These recipes were designed with your freezer in mind. Turn to page 102 for our favorite storage containers.

Spicy Herb Sauce

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 6 months.

This versatile sauce draws inspiration from the fiery Yemeni hot pepper-herb sauce zhoug. Spoon it over grilled meat, mash with egg yolks to make deviled eggs or stir into Greek yogurt to make a dip. Taste your jalapeños before adding them—if they're particularly hot, adjust as you see fit.

- **5 cups tender fresh herbs, such as basil, cilantro *and/or* parsley, tough stems removed**
- **2 tablespoons woody fresh herb leaves, such as thyme, rosemary *and/or* sage**
- **½ cup chopped jalapeño peppers, seeded if desired**
- **2 cloves garlic, smashed and peeled**
- **1 cup grapeseed *or* avocado oil**
- **1 tablespoon lemon *or* lime juice**
- **1½ teaspoons salt**

Combine tender and woody herbs, jalapeños and garlic in a food processor. Pulse, scraping down the sides occasionally, until finely chopped. With the motor running, slowly add oil. Add lemon (or lime) juice and salt and pulse to combine.

MAKES: 1¾ cups (2-Tbsp. serving)

Cal 143 **Fat** 16g (sat 2g) **Chol** 0mg **Carbs** 1g **Total sugars** 0g (added 0g) **Protein** 0g **Fiber** 0g **Sodium** 253mg **Potassium** 63mg.

Peperonata

ACTIVE: 30 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 3 months.

Sweet peppers are the name of the game here, but tossing a few hot ones into the mix would be nice as well.

- ½ cup thinly sliced garlic
- ½ cup extra-virgin olive oil
- 1 tablespoon chopped fresh herbs, such as rosemary, thyme *and/or* oregano
- 1 large sweet onion, sliced
- 4 cups chopped tomatoes
- 3½ pounds bell peppers, sliced ¾ inch thick
- 1 teaspoon salt
- 1 tablespoon white-wine vinegar

Heat garlic, oil and herbs in a large pot over medium heat until fragrant and starting to sizzle, about 2 minutes. Add onion and cook, stirring occasionally, until softened but not browned, about 8 minutes. Add tomatoes and cook, stirring occasionally, until they are broken down, about 5 minutes. Add bell peppers and salt; bring to a simmer. Cover and cook, stirring occasionally, until the peppers are mostly submerged in the liquid they give off, about 40 minutes. Uncover and cook until the liquid is reduced by about half and the peppers are very tender, about 30 minutes. Stir in vinegar. Let cool completely before storing.

MAKES: 6 cups (½-cup serving)
Cal 148 **Fat** 10g (sat 1g) **Chol** 0mg **Carbs** 13g **Total sugars** 7g (added 0g) **Protein** 2g **Fiber** 3g **Sodium** 207mg **Potassium** 419mg.

Eat It Up

Try this mélange of peppers, tomatoes and onions with a plate of cheese and crackers; toss it with pasta and chopped herbs; or pile it on grilled chicken and melt some fontina on top.

Slow-Roasted Tomatoes

ACTIVE: 30 min **TOTAL:** 3 to 5½ hrs
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 6 months.

Slowly cooking summer-ripe tomatoes in a low oven makes them candy-sweet. I made these at least weekly last summer, and my husband often ate half a pan's worth before they finished cooling.

- **8 pounds plum tomatoes *or* 8 pints cherry tomatoes**
- **¼ cup extra-virgin olive oil**
- **⅔ cup thinly sliced garlic**
- **¼ cup chopped fresh herbs, such as oregano, basil, thyme *and/or* parsley**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**

1. Position oven racks in upper and lower thirds of oven; preheat to 300°F. Line 2 rimmed baking sheets with parchment paper or silicone baking mats.

2. Halve tomatoes (quarter any large plum tomatoes). Divide the tomatoes between the prepared baking sheets, placing them cut-side up. Drizzle with oil and sprinkle with garlic, herbs, salt and pepper. Bake the tomatoes, switching the pans from top to bottom and back to front halfway through, until shriveled, about 2½ hours for cherry tomatoes and about 5 hours for plum tomatoes. Let cool completely before storing.

MAKES: 7 cups (½-cup serving)
Cal 89 **Fat** 5g (sat 1g) **Chol** 0mg **Carbs** 11g **Total sugars** 6g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 96mg **Potassium** 591mg.

Eat Them Up

Tuck these tasty bites into sandwiches; stir them into risotto; or chop them and mix with Kalamata olives, olive oil and fresh herbs to scoop up with pita chips.

Greens-&-Gruyère Mini Quiches

ACTIVE: 45 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

EQUIPMENT: Two muffin tins with 12 (½-cup) cups

Classic Provençal flavors—garlic, oil-cured olives, anchovies, caramelized onions—season these very-green egg cups. They keep well, perfect for breakfast on the fly, but the flavors are sophisticated enough to serve for brunch. If you frequently make mini quiches, consider investing in silicone muffin tins; they make popping these out a dream!

- **1½ tablespoons extra-virgin olive oil**
- **2 cups chopped sweet onion**
- **3 tablespoons water**
- **12 large eggs**
- **2½ cups part-skim ricotta cheese**
- **2 cups finely shredded Gruyère cheese**
- **½ cup pitted oil-cured olives, finely chopped**
- **5 cloves garlic, finely chopped**
- **1 teaspoon anchovy paste *or* 3 anchovy fillets, finely chopped**
- **¾ teaspoon ground pepper**
- **1¾ pounds leafy greens, such as spinach, chard *and/or* kale, stemmed and coarsely chopped**

1. Heat oil in a medium skillet over medium-high heat. Add onion and cook, stirring occasionally, until starting to brown, about 10 minutes. Add water and reduce heat to medium-low. Cover and cook, stirring occasionally, until very tender and brown, about 15 minutes more. Set aside to cool for 5 minutes.

2. Meanwhile, preheat oven to 350°F. Generously coat 24 (½-cup) muffin cups with cooking spray. (*Alternatively, line muffin cups with parchment-paper liners.*)

3. Whisk eggs in a very large bowl. Add ricotta, Gruyère, olives, garlic, anchovy paste (or anchovies), pepper and the cooled onion; mix well.

4. In batches, finely chop greens in a food processor. Mix into the egg mixture to combine. Divide the mixture among the prepared muffin cups (they will be full).

5. Bake until set, 25 to 30 minutes. Let cool in the pans for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board. Let cool completely before storing.

MAKES: 24 mini quiches (2 per serving)

Cal 282 **Fat** 19g (sat 8g) **Chol** 222mg **Carbs** 9g **Total sugars** 2g (added 0g) **Protein** 19g **Fiber** 2g **Sodium** 506mg **Potassium** 460mg.

No-Peel Slow-Cooker Marinara Sauce

ACTIVE: 25 min **TOTAL:** 5½-10½ hrs
TO MAKE AHEAD: Refrigerate for up to 5 days or freeze for up to 6 months.
EQUIPMENT: 6-qt. or larger slow cooker
Most marinaras are made with peeled tomatoes, but the skins actually contain pectin, which can help to thicken the sauce. (Photo: page 92.)

- **6 pounds tomatoes**
- **2 cups chopped onion**
- **¼ cup extra-virgin olive oil**
- **1 6-ounce can tomato paste**
- **3 tablespoons finely chopped garlic**
- **2 tablespoons finely chopped fresh oregano**
- **2 tablespoons balsamic vinegar**
- **4 teaspoons granulated sugar**
- **1½ teaspoons salt, divided**
- **Ground pepper *or* crushed red pepper to taste**

1. Cut tomatoes in half crosswise. Gently squeeze out the seeds and discard (don't worry if you don't get them all). Mix onion, oil, tomato paste, garlic, oregano, vinegar, sugar and 1 teaspoon salt in a 6-quart or larger slow cooker. Place the tomatoes on top.
2. Cover and cook for 2 hours on High or 4 hours on Low.
3. Puree with an immersion blender or in a regular blender in batches until chunky. (Use caution when pureeing hot liquids.) Placing the lid askew, cook until thickened, about 3 hours more on High or 6 hours more on Low.
4. Season with the remaining ½ teaspoon salt and pepper (or crushed red pepper) to taste. Puree further, if desired. Let cool completely before storing.
MAKES: about 9 cups (½-cup serving)
Cal 82 **Fat** 4g (sat 0g) **Chol** 0mg **Carbs** 10g **Total sugars** 7g (added 1g) **Protein** 2g **Fiber** 3g **Sodium** 232mg **Potassium** 448mg.

Thai-Inspired Curry Carrot Soup

ACTIVE: 1 hr **TOTAL:** 1¾ hrs
TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 4 months.
Enjoy this mildly spicy soup with a toasted mango-chutney-and-cheese sandwich, or thin the soup with more water or broth and use it as the base for a curry with chunks of firm white fish and broccoli.

- **2 tablespoons coconut oil**
- **8 cups chopped carrots, peeled sweet potatoes *and/or* peeled winter squash**
- **3 cups chopped onions, shallots *and/or* leeks**
- **3 cups chopped celery**
- **4 cloves garlic, chopped**
- **½ cup red curry paste**
- **2 14-ounce cans coconut milk**
- **6 cups water *or* unsalted chicken broth**
- **7 tablespoons lime juice**
- **¼ cup fish sauce**

1. Heat oil in a large pot over medium-high heat. Add carrots (and/or sweet potatoes or squash), onions (and/or shallots or leeks) and celery. Cook, stirring occasionally, until softened, 20 to 25 minutes. Add garlic and curry paste; cook, stirring often, until fragrant, about 30 seconds. Add coconut milk and water (or broth); bring to a simmer over high heat. Adjust heat to maintain a simmer and cook, stirring occasionally, until the vegetables are very soft, 30 to 40 minutes.
2. Puree the mixture with an immersion blender or in batches in a regular blender until smooth (use caution when blending hot liquids). Return to the pot, if necessary, and add lime juice and fish sauce. Let cool completely before storing.
MAKES: 16 cups (1-cup serving)
Cal 186 **Fat** 13g (sat 12g) **Chol** 0mg **Carbs** 17g **Total sugars** 5g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 595mg **Potassium** 449mg.

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Justins.com

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QUICK PICK:
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WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

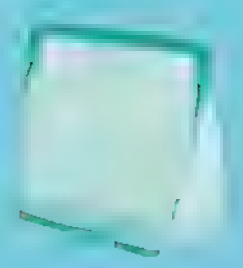
CONTAIN YOURSELF

Got a glut of garden goodies like our food features editor, Carolyn Malcoun? Here are the best freezer-safe storage solutions for her recipes on page 92 to help you preserve that bounty. Flip the page for more info and tips on freezing everything from tomatillos to mint.
By Lucy M. Clark

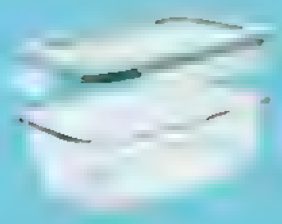
TED & CHELSEA CAVANAUGH, FOOD STYLING SUE LI

Easy Freezy!

Souper Cubes Freezing Trays with Lids Made from food-grade silicone, these trays are ideal for storing portions of sauces, purees and soups. Pop out just the amount you need without having to thaw a whole big batch. Sold in ½-, 1- and 2-cup sizes. *($20-$37, soupercubes.com)*



Stasher Bag Mega Stand-Up We're longtime fans of these airtight silicone storage bags, which can be frozen, boiled or microwaved. This new, larger option holds just under a gallon—a smart, reusable alternative to zip-top freezer bags. *($30, stasherbag.com)*



OXO Smart Seal Containers What's noteworthy about these containers: they're made from a special glass that's resistant to thermal shock, so you can take them straight from the freezer to the oven without fear of shattering. *($60 for 16-piece set, amazon.com)*

Prepworks 2-Tbsp. Freezer Portion Pods These BPA-free pods come in stackable sets of two. They're the perfect size for saving everything from leftover tomato paste and egg whites to pesto and compound butter. *($15 for set of 2, bedbathandbeyond.com)*

Pyrex 14-Piece Glass Food Storage Container Set with Lids This collection is a particularly budget-friendly way to stock your freezer. The containers are also great to bring to get-togethers: pretty enough to serve in, not a tragedy if left behind. *($25, walmart.com)*

Scan the code to shop for these containers.

Ask Breana

What's the best way to freeze vegetables?

Start by washing the vegetables under cold water. If you'd like to peel or cut any to a specific size (for example, dicing carrots for an easy addition to future soups), do so now.

Next, blanch the vegetables. Not only does this help get rid of dirt and bacteria, it brightens color, slows nutrient loss and softens veggies to make packing easier. To blanch: Bring a large pot of water to a boil (use at least 1 gallon per pound of vegetables). Add the vegetables to the water. Once the water returns to a boil, cook for 1 to 3 minutes (allow less time for smaller veggies, more for larger ones). With a slotted spoon, transfer the vegetables to a bowl of ice water to cool completely. Drain well and pat dry.

Exceptions to the blanching rule: If you prefer not to peel tomatoes or husked tomatillos (peeling would require a quick dip in boiling water), they can just be washed and, if desired, cored before freezing. Onions, shallots, garlic, leeks and scallions can also be simply washed, then chopped or sliced before freezing.

Now, you're ready to pack! There are two methods of doing this: solid-packing and loose-packing. To solid-pack vegetables, place the prepared produce in your desired container and freeze. Solid-packing conserves space and is handy when you plan to use large batches of frozen vegetables at one time. Just be sure to leave 1 inch of head space (open space at the top of the container), because the food will expand as it freezes. To loose-pack, freeze one layer of vegetables on a baking sheet. Once frozen, transfer it to a storage container. Loose-packing initially takes up more space, but it makes it easier to remove just the amount desired, such as a handful of peas or corn kernels. When loose-packing, head space is not necessary, since the food is already frozen.

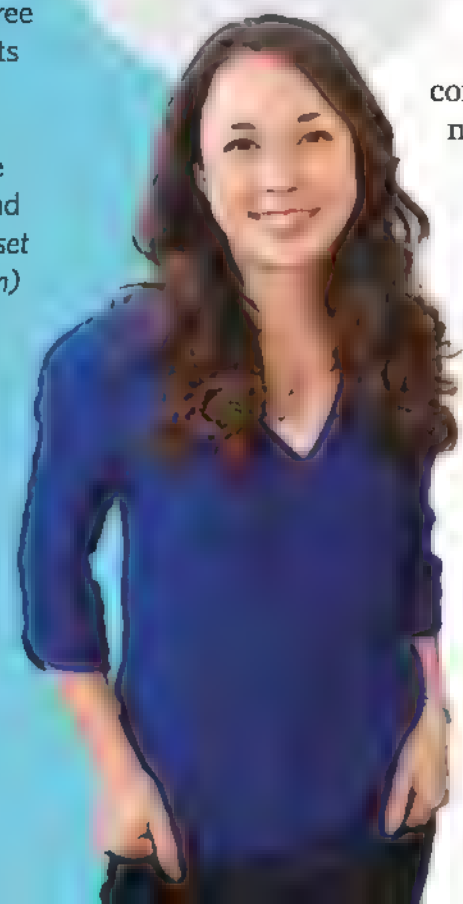
Don't forget those tender herbs. Basil, chives, cilantro, dill, mint and parsley can also be blanched for about 1 minute and frozen. After blanching, blot dry with paper towels and spread in single layers on parchment-lined baking sheets. Cover loosely with plastic wrap and freeze until solid, about 1 hour. Transfer to a freezer container.

Wipe all container edges dry before sealing. Moisture or food on container edges will prevent proper sealing and may cause freezer burn. Squeeze out any extra air (if possible) before sealing—since contact with air can give frozen food off-flavors.

BREANA KILLEEN, M.P.H., R.D., *is the* EatingWell *Test Kitchen manager.*

Label each container with the name and date it was packed on.

Most vegetables will keep for 8 to 12 months. Herbs will keep for up to 4 months.



TED & CHELSEA CAVANAUGH, FOOD STYLING SUE LI

Beyond Toast

Sure, the latest toaster ovens can brown bread brilliantly, but they can also air-fry and perform a host of other culinary tasks. Meet the standouts from our test of more than a dozen models.

BEST BONUS FEATURE
Hamilton Beach Sure-Crisp Digital Air Fryer Toaster Oven with Rotisserie
This machine can toast 6 slices of bread at a time, bake a 12-inch frozen pizza or air-fry a big batch of fries. (Excuse the carb overload: important research going on here!) But what really got our attention was the rotisserie function that works with a special spit insert. The 4-pound chicken we trussed and roasted came out uniformly golden and juicy. *($110, target.com)*

BEST "SECOND OVEN"
Breville the Smart Oven Air *(shown)*
Ever wished you had more capacity to bake or roast? *(Ahem,* Thanksgiving.) This toaster oven can handle a 13-by-9-inch baking dish, 12-cup muffin tin or even a 14-pound turkey. But it will prove to be all-kinds-of-handy year-round. It air-fries, roasts and dehydrates—among a dozen other functions. *($400, breville.com)*

BEST FOR SMALL SPACES
Cuisinart Compact Airfryer Toaster Oven
We've named the brand's regular-size version a winner in the past, and this has all the same features and functionality we love in a space-saving size. Measuring only a foot wide, this compact appliance can still handle up to 4 slices of bread at a time or air-fry 2½ pounds of food. *($150, walmart.com)*

So Long, So-So Salads

Here's why standouts like soppressata and Pecorino Romano are key to infusing this salad with Mediterranean flair

PECORINO ROMANO

Pecorino Romano has a tangier, saltier taste than Parmesan, so just a couple of ounces of this Italian sheep's milk cheese is enough to provide the salad with plenty of nutty, sharp flavor. This means you can use less cheese and save on both calories and sodium. Look for Pecorino Romano that is aged 8 months or more—when it's firm enough to shave and has a more concentrated taste.

DRIED OREGANO

We toast this herb for a minute in a dry skillet because the heat draws out flavor, making it deeper and more complex. It really makes a difference in the vinaigrette, so don't skip this step! You may spot various types of dried oregano at your market: Mexican oregano tastes more citrusy than Mediterranean oreganos, which may be labeled "Sicilian," "Greek" or just simply "oregano."

SOPPRESSATA

The heat of this slightly spicy, dry-cured Italian pork sausage pairs especially well with the sweetness of this salad's marinated cherry peppers. Soppressata also has a more savory flavor than other types of salami thanks to larger pieces of fat. You can readily find it presliced at well-stocked grocery stores, but for the freshest flavor look for a whole one in its casing.

EXTRA-VIRGIN OLIVE OIL

As opposed to olive oils labeled "light" or "pure"—refined by chemicals and heat, resulting in a more neutral taste—choose "extra-virgin." EVOO is made using only mechanical methods of crushing and pressing olives. This gives it a green hue, fresh olive smell and flavor that varies based on olive variety and growing conditions. It also retains beneficial phytochemicals that are destroyed in refined oils.

JOHNNY AUTRY, STYLING CHARLOTTE AUTRY; RECIPE BY ADAM DOLGE

Bitter Greens Salad with Soppressata & Pecorino

ACTIVE: 30 min **TOTAL:** 30 min

- 2 teaspoons dried oregano
- 2 tablespoons red-wine vinegar
- 1 clove garlic, grated
- 2 teaspoons honey
- ½ teaspoon Dijon mustard
- 4 tablespoons extra-virgin olive oil, divided
- 1 medium head radicchio (about 10 ounces), cut into 6 wedges
- 4 cups lightly packed chopped bitter greens, such as escarole, mustard, arugula *and/or* watercress (4 ounces)
- 2 medium tomatoes, chopped
- 2 ounces soppressata, diced (⅓ cup)
- 2 ounces chopped pickled sweet cherry peppers (⅓ cup), seeds removed
- 2 ounces grated Pecorino Romano cheese (½ cup)

1. Heat a medium skillet over medium heat. Add oregano and lightly toast, stirring frequently, until aromatic, about 1 minute. Transfer to a large bowl and add vinegar, garlic, honey and mustard. Whisk to combine. Slowly whisk in 3 tablespoons oil.

2. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add radicchio and cook, flipping once, until lightly charred, 2 to 3 minutes per side. Transfer to a cutting board and let rest for 5 minutes. Coarsely chop, discarding the core.

3. Add the radicchio, greens, tomatoes, soppressata and peppers to the bowl with the dressing and toss well to combine. Transfer to a serving platter and garnish with Pecorino Romano.

SERVES 4: 2 cups each
Cal 291 **Fat** 21g (sat 6g) **Chol** 25mg **Carbs** 13g **Total sugars** 7g (added 3g) **Protein** 11g **Fiber** 4g **Sodium** 487mg **Potassium** 536mg.

To get more Mediterranean-inspired salad recipes, hover your phone's camera over this smart code.

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		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
62	Creamy Scrambled Eggs with Chives	184	2	0	13	0	295	173							■	■		■		■
62	Fruit & Granola Pops	120	18	6	4	2	40	122						39			■	■		■
62	Golden Milk Frappe	181	24	12	9	1	103	386	28			23			■	■	■	■		■
97	Greens-&-Gruyère Mini Quiches	282	9	0	19	2	506	460	41	20		105				■		■		■
62	Overnight Quinoa Pudding	394	62	8	18	9	97	721		27		23				■				■
Snacks																				
74	Apricot-Ginger Energy Balls	57	8	2	1	1	7	92							■	■	■	■		■
75	Blueberry-Pecan Energy Balls	101	10	1	1	3	5	51							■	■	■	■	■	■
74	Cherry-Cocoa Pistachio Energy Balls	72	9	1	2	1	27	99							■	■	■	■	■	■
75	Cranberry-Oat Energy Balls	64	9	1	1	1	18	70							■	■	■	■		■
75	Peanut Butter-Date Energy Balls	75	10	0	2	1	31	109							■	■	■	■	■	■
Salads & Sides																				
82	Brussels Sprouts Salad with Parmesan & Marcona Almonds	236	14	3	7	3	360	409				21		128	■	■		■		■
89	Collard Greens	82	9	0	10	4	377	408	21	29		87		53		■		■		
90	Mable's Mac 'n' Cheese	219	16	0	13	1	319	104	26											■
82	Roasted Cauliflower with Banana Peppers	150	8	0	3	3	330	398						93		■			■	■
90	Steam-Baked Summer Squash	101	7	0	2	2	245	427						64		■		■		■
90	Stewed Lima Beans	190	32	0	14	9	357	969		45	22					■		■		
87	Tomato Casserole	232	11	0	4	1	314	202												■
Vegetarian																				
57	Fennel Panzanella	269	23	0	6	4	461	271							■			■		■
42	Kale & Lentil Stew with Mashed Potatoes	458	68	0	18	9	720	1,195	26	36	31	72		82	■	■				■
78	Tomato-Basil Soup with Herbed Focaccia Croutons	271	22	4	6	4	445	680				49		61	■			■		■
Chicken & Turkey																				
47	Braised Chicken with Mushrooms & Leeks	260	28	0	12	6	632	621		21		42		30				■		
52	Chicken Cutlets with Artichokes & Lemon-Dill Sauce	259	12	0	30	3	463	64						23	■	■		■		
38	Chicken Hummus Bowls	485	27	0	31	10	712	886		34	28	27		38	■	■		■		
48	Honey-Sesame Turkey Meatloaves with Broccolini	379	21	4	29	3	672	724				49	25	182	■			■		
Fish & Seafood																				
40	Creamy Pasta with Scallops & Brussels Sprouts	535	58	0	29	9	715	981		29	23		30	127	■					
50	Crispy Fish Taco Bowls	478	42	0	20	3	738	476					31	32	■					
89	Fried Flounder	166	5	0	17	1	452	240							■	■		■		
54	Savory French Toast with Smoked Salmon	481	28	0	24	4	611	355	24				29		■			■		
36	Spicy Salmon Sushi Roll-Ups	363	45	0	16	5	342	432				96	37		■	■	■	■		
98	Thai-Inspired Curry Carrot Soup	186	17	0	3	3	595	449				203				■		■		
Beef & Pork																				
105	Bitter Greens Salad with Soppressata & Pecorino	291	13	3	11	4	487	536	21	31		36		48	■	■		■		
43	French Onion Soup with Portobello Cheese "Toast"	370	25	0	12	4	581	767	21					21	■			■		
82	Fresh Pasta with Quick Bolognese Sauce	476	42	0	23	4	662	574			21	21		22	■					
80	Gnocchi with Truffle Parmesan Sauce	380	33	0	9	3	458	207							■					
79	Rigatoni Amatriciana	350	51	0	10	7	622	596				21		20	■					
56	Rosemary-&-Garlic-Basted Sirloin Steak	216	3	0	23	0	408	332					21			■		■		
Sauces & Toppings																				
98	No-Peel Slow-Cooker Marinara Sauce	82	10	1	2	3	232	448				25		35		■		■	■	■
95	Peperonata	148	13	0	2	3	207	419				76		262		■	■	■	■	■
96	Slow-Roasted Tomatoes	89	11	0	3	3	96	591				41		59		■	■	■	■	■
94	Spicy Herb Sauce	143	1	0	0	0	253	63							■	■		■	■	■
Desserts & Baked Goods																				
58	Brown Sugar Glazed Apple Cake	338	40	18	4	2	329	105												■
91	Zucchini Bread	257	30	15	4	2	196	102									■			■

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products
Vegetarian: Meatless (or meatless options listed first).

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A Farm Grows in Suburbia

The Morris family's legacy helps small farmers access land. **By Lucy M. Clark** • Photo by Lisa Godfrey

THE SITUATION Drive 40 miles west of Philadelphia toward Chester County and along the way you'll see acre after acre of farmland is under development—being transformed into tract housing and shopping centers. Yet amidst the buzz of new construction, there is a respite of green: Lundale Farm. Purchased in 1946—and later conserved—by Sam and Eleanor Morris (nationally recognized leaders in land conservation), Lundale's 500-plus acres remained largely untouched for decades. That is, until Eleanor passed away in 2011 and left the land to their seven kids, requesting in her will that someone farm the land organically. The only question for the Morrises (none of whom grew up to be farmers) was: How?

WHAT THEY DID After lots of research, including visits to farms around the country with varying business models, Laura Morris Siena *(pictured)* and her siblings had a solution. They recognized that farmland in their area sold for tens of thousands of dollars per acre—only affordable for developers—and that land access was a huge barrier for many farmers. So, says Morris Siena, "We thought, we should bring small farmers who are committed to sustainability and can't afford land onto our land." The Morrises turned Lundale Farm into a nonprofit and began leasing the property to organic farmers, charging them on a sliding scale ($50 to $250 per acre), based on experience and expected revenue.

WHY IT'S COOL Today, Lundale Farm is home to one beekeeper and eight farmers who produce everything from microgreens and pasture-raised pigs to hard-cider apples. At Kneehigh Farm, Emma Cunniff grows more than 100 vegetable varieties for CSA members, farmers' markets and Philadelphia chefs, including famed Israeli chef and restaurateur Michael Solomonov. "Without Lundale, I would never be able to farm in Chester County, and my CSA members would have to purchase organic vegetables from much farther away," Cunniff says. "Landowners and organizations like Lundale that protect acreage for agricultural use are doing a huge service for the health of the land, as well as for their community."

"My parents were pioneers in open space and ag-land preservation. We grew up in a family in which civic engagement and trying to do good was absolutely paramount."

—LAURA MORRIS SIENA
(pictured at Kneehigh Farm)

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